

# FOR SHANNON BENNETT, A MIELE STEAM OVEN IS NOT AN OPTION...





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Shannon Bennett of internationally acclaimed Vue de monde restaurant goes to great pains to source real food from farmers he trusts. So the last thing he wants is to see the cooking process destroy a food's natural flavour, texture and goodness. Which is why you'll find a Miele Steam Oven in all his kitchens. But just as Shannon is no ordinary chef, a Miele Steam Oven is no ordinary steamer. Whipping up three amazingly innovative dishes simultaneously (think Steamed Asian Chicken and fabulous desserts) with no transfer of flavours, is just one of its party tricks.

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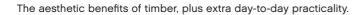




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WINDOW FASHIONS



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# TOAST



**SUNDAY 15 NOVEMBER 2015** 

Tickets on sale 9am, 23 September - ticketek.co.nz - 0800 Ticketek









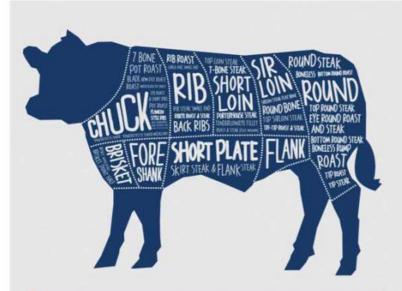
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## ——— 2015 ——— BEEF AND LAMB AMBASSADOR SERIES

## An evening with KEN O'CONNELL

Bracken Restaurant, 95 Filleul Street, Dunedin

Enjoy an evening of superb cuisine with Beef + Lamb Ambassador Chef, Ken O'Connell of Bracken Restaurant in Dunedin. Enjoy a specially prepared five-course degustation available for one night only and hear what inspires Ken to create his award-winning dishes using New Zealand beef and lamb.

Don't miss this special opportunity to indulge your senses with a unique dining experience and meet one of New Zealand's top chefs.

#### WHEN

Friday 9 October 2015, 6.30pm

#### COST

\$140 per person for five courses with wine matches and a glass of bubbles on arrival

#### BOOKINGS

Call Bracken Restaurant on 03 477 9779 or email info@brackenrestaurant.co.nz



Want to experience the top beef and lamb cuisine in New Zealand? nzexcellenceawards.co.nz



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## SIDE DISHES

What's new, news and necessary for your kitchen



#### **SIDE DISHES**



Is it too early to start making Christmas wish lists? The summer 2015/2016 collection from Citta Design is inspired by the textures of Mali, and features playful retro prints, dusky pink linens, cool ceramics and plenty of other things we want to fill our homes with. Santa, take note. www.cittadesign.com



#### **EASY SQUEEZY**

Our favourite honey is now available in a new squeezy bottle range. Choose from J.Friend and Co Beechwood Honeydew, White Clover, and Manuka blend. RRP\$11.25 from www.nzartisanhoney.co.nz



#### **SWEET SAMOA**

Wellington Chocolate Factory has teamed up with Maiden South Pacific to produce the Samoa Bar, which uses fair trade cocoa beans from small community farms in Samoa. The 77% cocoa bar is dairy-free. Available from Farro Fresh stores and www.wcf.co.nz



#### **Spice Up Your Life**

We've got the hots for Wat – a delicious Ethiopian sauce made by Mamia's in Wellington.

Slow-cooked with onion, tomatoes and Ethiopian spices, the sauce has a deep, rich flavour and is ideal for simmering with meat or vegetables. Available in Mild, Medium and Hot. RRP\$10 from Moore Wilson's.



#### **Just Desserts**

Exciting news for sweet-toothed Aucklanders: Brian Campbell, the pastry chef previously at the helm of groundbreaking dessert bar Milse, is opening a new dessert bar and patisserie in Fort St. The new site, which Campbell is opening with his wife Rosalie, will be open from early morning with a small breakfast offering, then all day as a patisserie, with a plated dessert menu on offer at night. They plan to open the new store in early November.

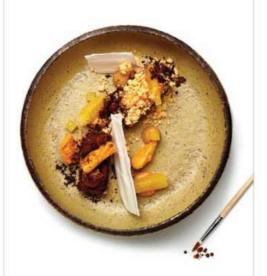


Just in time for G&T season, artisan gin-makers Rogue Society have released Goldi Locks. The premium gin is made with 13 botanicals and features a 24-carat gold disc on the bottle. www.roguesocietygin.com

We've been dreaming of white sand and swaying palms while sipping on Little Island Coconut Drinking Milk. The original flavour is great with coffee, muesli and smoothies, while the chocolate makes a deliciously rich and not-too-sweet treat. Now available in new 1 litre bottles. For stockists visit www.littleislandcreamery.com



## plate up a masterpiece like Sid would





## Introducing the Electrolux Masterpiece Collection

At Electrolux – we aim to make cooking exciting and more intuitive with help of simple and smart technology.

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available now at **Harvey Norman Farmers** 

Electrolux Ambassador Sid Sahrawat, award-winning chef and owner of Sidart and Cassia





#### SIDE DISHES



Traditional Māori remedies are the basis for two new wellness tonics from Auckland company Ahi Kā. Brewed with ingredients like kawakawa and kūmarahou leaves, ginger, turmeric root, kale and wheatgrass, the tonics are light, refreshing and slightly earthy. Available from Farro Fresh stores, or for more stockists visit www.ahikatonics.co.nz



#### A GOOD BATCH

The new range of classic cookies from Loaf made it into the Dish office recently, and you can bet they didn't last long. Chewy and delicious with just the right amount of crunch, the cookies are available in Chocolate ANZAC, Chocolate Chunk, Peanut Butter Brownie and Ginger Spice – all perfect with an afternoon cuppa. Available from supermarkets.



#### Pick of the Bunch

First Press in Gisborne has released an elegant range of juices made from high-quality wine grapes. The grapes have been hand-picked and lightly pressed in prime condition to maximise flavour. The varieties are Gisborne Chardonnay, Rosé, Merlot and Gewürztraminer, and they are delicious served chilled on their own or diluted with sparkling water. RRP\$4.60 each. www.gisbornegourmet.com

#### **WE'RE JAMMIN'**

Our latest must-have pantry item is Reuben Solomon's Roasted Chilli Jam, which is hot, sweet, and packed with incredible Asian flavours. Reuben is the husband of legendary Australian food writer Charmaine Solomon, who is well-known for her books and knowledge of Asian food. The jam is made from a blend of fried red onion, tamarind, garlic, shrimp paste, lemongrass, galangal and spices and can be used as a relish or chutney, spread on bread, or added as a flavour boost to curries or laksa. Available from Farro Fresh stores.



#### Cafe of the Year

Voting is now open to decide who is crowned New Zealand's Café of the Year 2016 and there's some amazing prizes to be won. It's time to get behind your favourite café and vote for them. Just by voting you'll go in the draw to win one of 10 weekly brunch prizes of \$50. You'll also have the chance to win one of four Ultimate Café Road Trips with Renault. Voting is easy, simply check the website at www.nzcafeoftheyear.co.nz to see a list of entrants in your region and vote via text, Facebook or online. Public voting is open until 9 October.



## Everyday made special

It's great when the everyday becomes something more.

That's why we created the Sparkling Water Fridge. It delivers your choice of perfectly chilled still or sparkling water, straight from the dispenser.

So now you can decide to add some sparkle at the touch of a button.

It's innovation that makes the everyday a little more special.

Welcome to the new home

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samsung.com/nz

#### SIDE DISHES



#### **RAISE A GLASS**

New Zealand's premier wine event, Toast Martinborough, returns this Sunday November 15, boasting nine premium wine, food and music events across nine award-winning vineyards.

Nestled in the heart of Wairarapa wine country, Toast Martinborough is a fantastic way to taste a variety of wines counted among the best in the world, savour food from the region's top eateries and caterers, and enjoy music from talented artists and bands from around the country.

What's more, enjoying Toast Martinborough is easy. The vineyards are a relaxed walk or free shuttle ride apart, and you have a whole day to make the most of the experience. So go on: seize your chance to be part of the best value, most fun event of 2015 – round up your friends, book the date and get ready for a spectacular start to the summer! Visit www.toastmartinborough.co.nz for details and www.ticketek.co.nz for tickets.

## WIN a weekend at Toast Martinborough!

Dish is delighted to offer a lucky reader a weekend for two at Toast Martinborough 2015. The prize package includes two tickets to Toast Martinborough, two nights accommodation at The Bolton Hotel Wellington and Tranzit coach transfers on the day between Wellington and Martinborough. To enter the draw visit www.dish. co.nz/competitions to fill out your details online.

One entry per person please. Competition closes Friday 16 October 2015 and the winner will be notified by phone. Winner must be over 18 and proof of age may be required.



#### Splash and Dash

We've been enjoying the range of dressings, chutneys and jams from Castle Rock Café in Coromandel. The Blackberry Vinegar, and Strawberry, Lemon and Mint Vinegars add the perfect zing to fresh berry salads. Available from Farro Fresh stores and www.castlerockcafe.co.nz



#### In a Pickle

When it comes to pickles we have to admit, Americans do it best. McClure's Pickles, which has bases in Brooklyn and Detroit, makes a range of crisp and juicy NYC delistyle pickles – including Spicy, Garlic Dill, and Sweet and Spicy. Slice up for burgers and sandwiches, or eat whole whenever the craving for something tangy hits. Available from Neat Meat. www.neatmeat.com

#### **Spoonfuls of Style**

These elegant ceramic tapas spoons from Nest are perfect for serving dips, olives or individual appetisers. www.nest.co.nz





## Menu multi-tasking

Between mixing and tasting, chatting and toasting, there are endless different things happening in your kitchen.

Now your oven can take care of two at once.

We designed the Dual Cook $^{\text{\tiny{M}}}$  Electric Oven with individually temperature-controlled zones. So you can cook medium-rare lamb along side perfect pavlova.

It's true multi-tasking from Samsung that lets you be twice as impressive.

Welcome to the new home

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samsung.com/nz

## Here's a pot that pours as well as it cooks.



The WMF Function 4 pot is made from the highestquality stainless steel that there is. It has a TransTherm® universal base for all types of hob - including induction. Hollow handles stay cooler. A red silicone ring locates the lid with never a rattle and has 4 functions, for cooking with minimum water and convenient measured pouring.

It's functional, it's stunning to look at and it's seriously clever. It's about what you'd expect from Milly's.



## WHAT'S ON

Food and wine events to mark in your diary

#### **OCTOBER**

#### 3 October

#### KAIKOURA SEAFEST

A celebration of Kaikoura's abundant seafood, alongside food from Marlborough and north Canterbury. Enjoy great food and cooking demonstrations as well as regional wines and craft beers and live music. www.seafest.co.nz

#### 10 October

#### WAIHEKE OYSTER FESTIVAL

A celebration of Te Matuku Bay oysters at Rangihoua Estate on Waiheke Island. Enjoy oysters prepared by Clooney's Des Harris and Te Whau's Marco Edwards, as well as live music and boutique wine. www.tematukubayoysters.co.nz

#### 24-25 October

#### **PACIFIC BEER EXPO**

Wellington's most picturesque beer festival returns to The Boatshed for two days, showcasing the most exciting craft breweries from the Pacific Rim.

#### 24-25 October

#### **GISBORNE WEEKEND OF** WINE & FOOD

Spend the weekend sampling the best of Gisborne's wine and food at winery cellar doors. Visit www.ticketek.co.nz for tickets and bus passes.

#### **NOVEMBER**

#### 6-15 November

#### F.A.W.C - HAWKE'S BAY

The Food and Wine Classic Summer Series offers over 60 events around Hawke's Bay, including masterclasses, degustation dinners and a charity wine auction, with a host of the country's leading chefs, winemakers and brewers taking part. www.fawc.co.nz

#### 7 November

#### **DUNEDIN CRAFT BEER** & FOOD FESTIVAL

This annual celebration of great New Zealand food and craft beer - as well as

wines and cider - promises to be even bigger and better than last year's event. Local Dunedin breweries present their wares alongside breweries from around New Zealand and overseas.

www.dunedinbeerfest.co.nz

#### 5-8 November

#### TASTE OF AUCKLAND

Auckland's top restaurants come together for a four-day showcase of fine food, wine and beer at Western Springs. Eat, drink, enjoy a masterclass and try products from artisan producers. www.tasteofauckland.co.nz

#### 12-14 November

#### TASTE OF MELBOURNE

A sister event to Taste of Auckland, the Pelican Lawn in Melbourne's Albert Park will host popular restaurants including Circa, MoVida, Pastuso and Supernormal. www.tasteofmelbourne.com.au

#### 14 November

#### HAWKE'S BAY WINE AUCTION

Sample unique, one-off wines from over 40 winemakers and then watch or buy as the blends are auctioned. Tickets available via www.fawc.co.nz

#### 15 November

#### TOAST MARTINBOROUGH

Set amongst the vines of nine boutique Martinborough vineyards, this is a chance to sample world-class wines and fine food over the course of one entertainmentfilled day. www.toastmartinborough.co.nz

#### **DISH EVENTS**

#### 3 November

#### **DINE WITH DISH AND YEALANDS ESTATE - AUCKLAND**

Join Yealands Senior Winemaker Jeff Fyfe and Dish editor Lisa Morton for a very special four-course menu at MASU by Nic Watt, matched with Yealands Estate wines. To book phone MASU on 09 363 7278 or email info@masu.co.nz



#### **DISH EVENTS ONLINE** Keep up to date with foodie



#### DISH WEEKLY E-NEWSLETTER

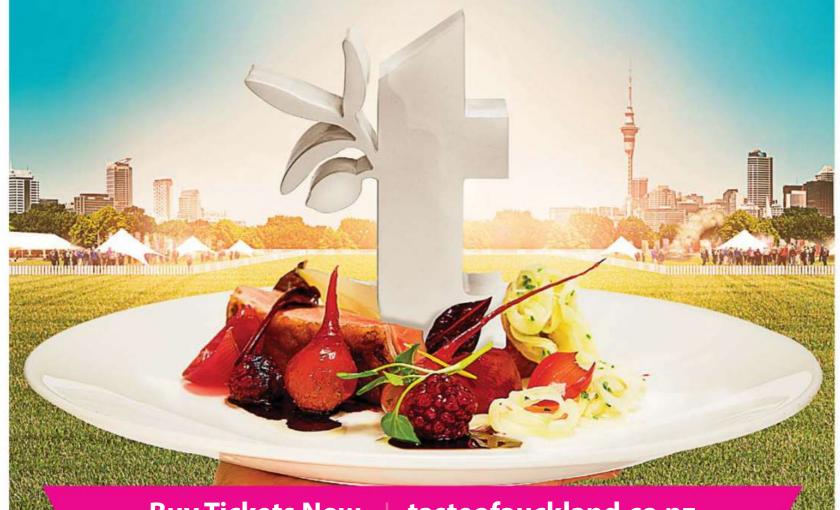
Get your regular fix of recipes, news and upcoming events. Sign up at www.dish.co.nz/newsletter





## New Zealand's Greatest Restaurant Festival

5-8 November, Western Springs



**Buy Tickets Now** 

tasteofauckland.co.nz

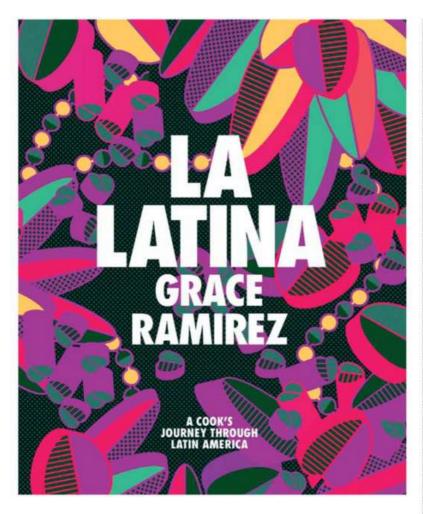






## **BOOKS**

#### Reviewed by Alice Galletly



#### La Latina

#### BY GRACE RAMIREZ

You might recognise the author of  $La\ Latina$  – Venezuela-raised, New York-based chef Grace Ramirez was a judge on  $My\ Kitchen\ Rules\ NZ$ , during a recent three-year stint living in New Zealand. Although she has since returned to New York, her colourful culinary legacy remains in the form of her first cookbook, produced with local publishers Penguin Random House New Zealand.

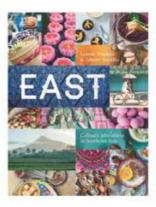
They say you shouldn't judge a book by its cover, but in  $La\ Latina$ 's case, its vibrant, festive jacket is a good indication of what's in store. The book is a celebration of the many cultures and cuisines of Latin America, and it's full of punchy, fresh ingredients and exciting flavour combinations.

Rather than dividing by countries, the chapters cover meal types – starting with Grains & Soups and finishing with Fiestas. They include the traditional dishes of Ramirez's Venezuelan childhood – such as cachapas (corn pancakes stuffed with buffalo mozzarella), Latin American favourites like tamales, empanadas and ceviche, and her own Latininspired creations, like Duck Breast with Guava and Wild Berry Sauce.

Helpfully, the cookbook has been created with New Zealand readers in mind, so all the recipes feature ingredients that are available locally.

Anyone looking for inspiration to throw a margarita-fuelled fiesta will find  $L\alpha\ L\alpha tin\alpha$  to be an invaluable resource.

Penguin Random House NZ - RRP\$60 (hb)



#### **East**

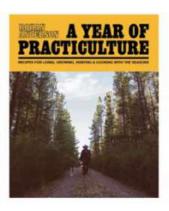
#### BY LEANNE KITCHEN & ANTONY SUVALKO

When Leanne Kitchen and Antony Suvalko close their eyes, they like to transport themselves east – to Cambodia, Thailand, Indonesia, Laos, Malaysia and Vietnam – places where they have travelled and been seduced by the cuisine and culture.

East is the second book from the pair (Kitchen is a chef, food writer and photographer in Australia, while Aucklandbased Suvalko creates smartphone apps on food destinations) following last year's release The Real Food of China.

East brings together some of Southeast Asia's most celebrated dishes, beginning with pickles, pastes, sambals and sauces, and moving on to snacks, soups, curries and more. From Javanese fish cakes and Vietnamese shaking beef to Malaysian fried chicken and Thai palm sugar cake, East takes us on a whirlwind culinary tour through the exciting sights, tastes and smells of Southeast Asia.

Hardie Grant Books -RRP\$39.95 (hb)



#### A Year of Practiculture

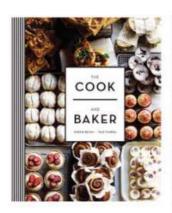
#### BY ROHAN ANDERSON

A few years ago, Rohan Anderson did something many of us fantasize about and left his city desk job in search of a simpler life. Now, in a small town in Victoria, Anderson grows, hunts, fishes and forages; documenting his experience on his popular food blog, Whole Lander Love

In his second book, A Year of Practiculture. Anderson shares the story of a year of his life - including victories and failings, philosophical musings and many recipes for the dishes he feeds his family. These are simple, rustic and seasonal, including dishes like rabbit and chorizo burgers and smoky bacon and snails. Apart from the food, a highlight is Anderson's amusing and intelligent writing, which he uses to tackle issues surrounding our modern food system in a no-nonsense style.

Practical and inspiring, this book will appeal to anyone who likes the idea of living closer to nature. Hardie Grant Books –

Hardie Grant Books -RRP\$49.95 (hb)



#### The Cook & Baker

#### BY CHERIE BEVAN & TASS TAUROA

At a time when sugar and gluten are often banished, it's an increasingly rare treat to see a book with custard doughnuts, brioche scrolls and pastry tarts gracing the cover.

The first cookbook from New Zealand-born Bondibased café owners Cherie Bevan and Tass Tauroa, The Cook and Baker is a celebration of good old-fashioned baking, just like grandma used to make. Well, almost.

Traditional recipes have been adapted to reflect contemporary tastes, but the lamingtons sure look like lamingtons.

Recipes for fat jam melting moments, ginger crunch and caramel fudge are sure to evoke nostalgia, while a few recipes – such as a salted caramel slice, red velvet cake and even glutenfree raw brownies – are thoroughly modern.

Described by the authors as "fool-proof" this book would make a great addition to the shelves of new and seasoned bakers alike.

Murdoch Books -RRP\$44.99 (hb)



#### Rick Stein: From Venice to Istanbul

#### BY RICK STEIN

The latest book from TV presenter, restaurateur and master of seafood, Rick Stein, is inspired by the flavours of the Eastern Mediterranean. Rick Stein: From Venice to Istanbul accompanies the BBC series of the same name, and takes us from the restaurants of Venice to the aromatic street stalls of Turkey and beyond.

Over 100 recipes discovered by Rick on his travels are presented here, divided into chapters such as Mezze, Street Food, Meat and Desserts.

It's food that inspires feasting with friends: start with a mezze spread of smoky baba ganoush, pide and halloumi drizzled with honey and oregano, move on to slow-cooked chicken with apricots and almonds, and finish with a Dalmatian fresh fig tart.

Guaranteed to inspire wanderlust, the recipes are accompanied by vibrant photography of beautiful Croatia, Venice and Istanbul.

Penguin Random House NZ - RRP\$65 (hb)



#### **Naked Cakes**

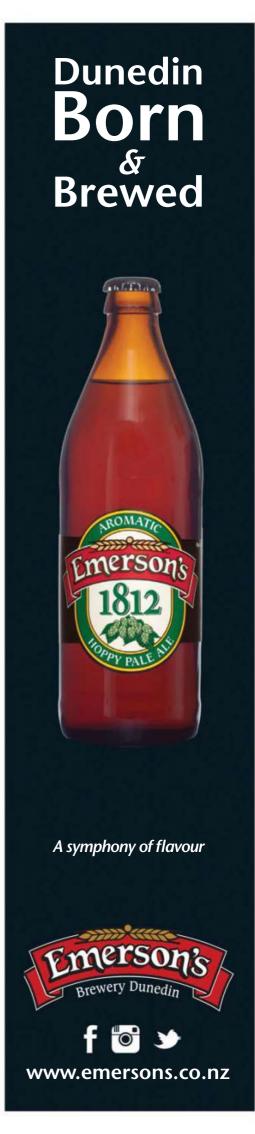
#### BY LYNDEL MILLER

For the last few years, naked cakes (cakes that forego an outer layer of icing to reveal layers and fillings) have been all the rage. Usually tiered and embellished with fresh fruit and flowers, they have a rustic, bohemian appeal.

For anyone who fancies creating these cakes at home, Naked Cakes by Australian food stylist Lyndel Miller is an excellent resource. Inside you'll find recipes for over a dozen bases, information on how to make fillings, buttercreams and frosting and instructions for making 13 of Miller's 'queens' - her all-time favourite naked cakes. Standouts include a lemon and rosemary cake crowned with ornamental kale, a coconut and limoncello cake with honey buttercream and lemon curd, and a cardamom cake topped with spiced syrup and candied oranges.

Miller also has advice on using fruit, flowers and herbs and offers styling inspiration for various themed parties, such as 'Bohemian Dessert Party', a vibrant Mexican flesta and a baby shower.

Murdoch Books -RRP\$55 (hb)





#### SUMMER SERIES

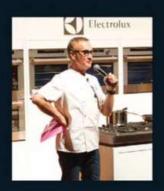
# FOOD AND WINE CLASSIC

Hawke's Bay New Zealand 6th ~ 15th Nov 2015

The Summer Series of F.A.W.C! 2015 brings you 65 mouth~watering events over 10 sumptuous days in Hawke's Bay.

Tickets are on sale now. Book at www.fawc.co.nz





F.A.W.C! Electrolux Culinary
Theatre of Ideas featuring
Ray McVinnie, Nici Wickes,
Giulio Sturla, James Beck,
and Brett McGregor,
Saturday 7 November ~
MTG, Napier. \$10 per class



Cook Up ~
Foraged New Zealand
Cuisine ~ James Beck,
Michael Hannah and Giulio
Sturla, Monday 9 November
~ Bistonomy, Napier.
\$130 per person



Bosley's Burger Bar ~ with Martin Bosley Saturday, 7 November ~ Advintage Drive Thru, Havelock North. Walk-up



Sshhh.
Secret Location Lunch
with Al Brown, Saturday 14
November ~ Black Barn
Vineyards, Havelock North.
\$200 per person

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## Hear her raw

A passion for *fresh*, *nourishing food* full of flavour is at the heart of Christchurch's unique BearLion Foods.

he turning point in Alesha
Bilbrough-Collins' food
career came one day in
London. Looking through
the window of Ottolenghi
in Soho, where chefs Yotam
Ottolenghi and Sami Tamimi
were revolutionising vegetarian
cookery with bold Middle
Eastern, Mediterranean and Asian
flavours, the Kiwi chef knew she
had to work there.

"I ended up having an interview with Yotam and then it was all on," she recalls. "That was the biggest influence on my cooking. They taught me the use of lemon, garlic and olive oil. You tasted and you tasted and you tasted again to the point where it wouldn't go out unless it was 100 per cent. It had to be 'wow', and that's something that I try to follow now. If something isn't 110 per cent it doesn't go out. I try to make sure that people's palates are being used."

Cantabrians are now reaping the rewards of Alesha's experience, which also included stints in cafés and fine dining restaurants, including Gordon Ramsay's Michelinstarred Maze in London.

Sick of big city life overseas, Alesha returned to Christchurch after the earthquakes, keen to give something back to the place where she grew up and had studied cookery at the local polytechnic. She had a passion for fresh and nutritious food but felt apprehensive. "If you start introducing words like 'raw food' people freak out and think they're going to get a celery stick," she says. "For some reason people think that healthy food is something that doesn't taste good, and that really frustrates me."

But after taking a stall at the Christchurch Farmers' Market in August 2013, it was soon clear that Alesha was onto a winner when customers snapped up her salads and cakes and returned the following Saturday eager for more. "It just took off. It's been unreal from the moment we started," Alesha says.





OPPOSITE PAGE: Chef Alesha Bilbrough-Collins is wowing Christchurch locals with her fresh flavours at Bearl ion Foods

THIS PAGE: Sweet treats are still on the BearLion menu, but are made without refined sugar or flour.



"If you start introducing words like 'raw food' people freak out and think they're going to get a celery stick. For some reason people think that healthy food is something that doesn't taste good, and that really frustrates me."











Her display of intensely coloured salads, organic cakes, energy bars, jars of chilli jam and smoky tomato relish drew people in. When they discovered that the food's flavour was as beautiful as its appearance, and that the ingredients were mainly organic and locally grown, those first customers became avid followers.

Alesha has been excited by food since she was a child, keen to try new and different things. She spent a year in Indonesia when she was 16 and learnt about seasoning – the heat and spice of Asian cooking – and loved the colour and drama of the exotic ingredients at the markets.

She used her time working overseas to grow her knowledge base too. "I would try to nail out each person I wanted to learn from, buddy up and drill them and try to get information out of their head. I think that was really important." Ottolenghi also provided an atmosphere where chefs were learning constantly. "They were very inspiring people, very encouraging," says Alesha. "They wanted to get the best out of you and it was great."

With the farmers' market stall booming and the catering side of the business growing fast, Alesha and husband John Collins realised that borrowing a friend's commercial kitchen was becoming impractical, and began looking for their own premises. Alesha had lived in the beach suburb of New Brighton years earlier and felt at home there, so a small café up for lease in the local mall was an easy decision. John's day job as a project manager in construction was invaluable as they revamped the place

themselves, creating a modern kitchen where all the food is prepared, and a homely deli that is open from Thursday to Saturday.

"Everything here has been upcycled," says Alesha.

"The bar is made from slats from the house my parents built, and there are bits and pieces that I've collected over the years."

BearLion opened in New Brighton in December 2014 and customers found them quickly. But anyone looking for a takeaway espresso on the way home from the beach is in for a surprise: this is a deli, not a café, and the only coffee on the menu is the cashew milk iced coffee. It's a peaceful place without the thump and hiss of an espresso machine, and there's time to talk about what's on offer this week while you drink a handmade herbal tea.

For Alesha, it is her sense of taste that drives the creation of dishes. "Everywhere I worked, different chefs taught me how different flavours work together. I have an encyclopaedia of flavours in my head and I can taste it the minute I think of it. I can anticipate whether something will work with something else and I like to think the food talks to me and tells me what to do with it. I just get food, and food gets me."

All of BearLion's food is made without refined white sugar, flour, nitrates or preservatives. Vegetables, fruit and grains make up most of the dishes, but meat-lovers are included too, with sausages, bacon, stews and chicken all making an appearance on the menu at different times.

#### OPPOSITE PAGE, CLOCKWISE FROM

TOP: The interior of the New Brighton café uses upcycled materials to create a relaxed environment; a constant supply of seasonal vegetables from local suppliers is essential to the café's menu.

THIS PAGE: The range of fresh, flavoursome salads at BearLion has drawn customers in.





"Brighton *grabbed my heart*. The locals love to come in and chat, and find out about different products: what's in the bread and who's made it. There's always a lot of interaction. I just want to excite people with my food and make them happy."

Jars of curry paste, aioli and other extras fill the shelves at the deli along with raw granola and gluten-free cereal. The salads and chilli jam are big favourites with customers.

"Brighton grabbed my heart," says Alesha. "The locals love to come in and chat, and find out about different products: what's in the bread and who's made it. There's always a lot of interaction. I just want to excite people with my food and make them happy."

Her dreams for the future include developing the talented BearLion team, expanding their range of products, opening on Sundays serving alcohol and a set menu, writing a cookbook, running cooking classes, teaching people about the importance of real food, and learning more about the nutritional qualities of native plants.

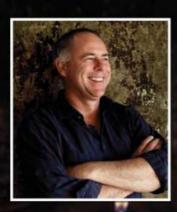
BearLion's suppliers are vital to the success of the business. In an average week they can go through over 250 kilograms of salad alone, so a constant supply of seasonal vegetables is essential. Many local suppliers provide organic produce, and baker Sam Ellis produces organic spelt sourdough bread. GlobaLife makes the bamboo charcoal for the Charcoal and Honeydew Lemonaid, and Urban Hippie, another South Island business, makes miso products.

Alesha says that husband John (the bear to her lion) is her backbone. He takes care of the computer work, leaving her free to indulge her passion for making people happy and healthy via food. "Food is to nourish, repair and help us grow," says Alesha. "It's all about getting my food out there and having people appreciate it."

BearLion Foods - 3/78 Brighton Mall, New Brighton, Christchurch www.bearlionfoods.co.nz



MARLBOROUGH + NEW ZEALAND



"When I went in search of my ancestry I never expected to uncover a story on medieval intrigue. But there they were: the de Marisco family lived on Lundy Island in the Bristol Channel in the 12th and 13th centuries. They fell in and out of favour with the English monarchy and it's this family history that inspired The Kings Series. I hope you enjoy discovering each wine - and the food matches we've made for them - as much as I enjoyed creating them."



Brent Marri

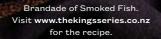
## The King's Thorn Pinot Gris

The island of Lundy was in the possession of the de Marisco family until King Henry II gifted it to the Order of the Knights Templar in 1155. The family refused to relinquish it – remaining a constant thorn in the King's side.

Enjoying the best of food and wine together – and in the company of family and friends – is one of life's great pleasures.

A bowl of smoked fish brendade – whipped to perfection and served with a squeeze of lemon on crackers – is a perfect partner for the The King's Thorn Pinot Gris.







## Waste not, want not

Making food go further and finding the flavour in offcuts is brought to life in delicious ways at Wellington's *Ti Kouka* café.





'prison hooch', Shepherd Elliott's powers of culinary transformation are winning converts to the cause of combating food waste. In August, the Wellington chef plated up a showcase of often under-appreciated ingredients in a four-course feast billed as 'All Taste, No Waste' for the Wellington on a Plate food festival. Shepherd's menu included dishes such as candied, powdered, puréed and peeled decoctions of parsnip, sumptuously set off by a side of beef cheeks braised in truffle and porcini porter.





"At the restaurant we look at how much is *thrown away*, but also how much we serve – *portion size* – and also how best we can make the most our farmers' rotational crops, so that we can keep using their produce year round."

The dinner was the culmination of a collaborative relationship with Kaibosh, a Wellington-based food rescue and delivery initiative. Making the most of food or parts of foods, otherwise discarded, has become a particular passion for Shepherd since opening Ti Kouka Café with his brother Jesse Simpson, five years ago.

"Lately, we've been getting into a lot of fermentation and making our own yoghurt, butter and cheese," says Shepherd. And when efforts to preserve a summer glut of tomatoes went awry and the fruit began to decay, he was delighted to discover the flavour of their decomposition was an excellent accompaniment to beef, so he served them with steak.

Rather than being relegated to the scrap bin, broccoli and cauliflower stalks are repurposed in the Ti Kouka kitchen: sliced and blanched, the stalks are dried using a small bench-top dehumidifier and ground to become flavoursome powders.

In the tiny storeroom an assortment of pickles and chutneys jostle for room with dry goods and spices. There are jars of preserves, a demijohn of kombucha and tottering trays of sprouting greens perched between storage files and cookbook shelves in the back office.

Tucked away are also a few bottles of feijoa homebrew. Sourced from a recipe for 'prison hooch' by the US's self-proclaimed 'fermentation revivalist' Sandor Katz, this first batch of the heady fizz was left for just a little too long, according to Shepherd, so is kept for kitchen consumption only.

Space for experimentation at the café is at a premium. A newly-acquired storage fridge squats in a corner of the dining room, doing its best to look inconspicuous.

Born in Nelson, Shepherd's first role in a restaurant kitchen was as a sauté chef for Al Brown during the early days of Wellington's Logan Brown restaurant. "It was fullon and I think that's when I kind of decided this is what I want to do." He was inspired by Al's passion and innovative approach to food, but it was his attention to the quality of his ingredients that had the biggest impact on Shepherd. "It was pretty much an eye-opener of what was possible in the kitchen."













Shepherd went on to spend several years in London and Australia, working under chefs such as Giorgio Locatelli, and for Tetsuya Wakuda at his London restaurant Mju. The Japanese chef taught him the importance of absolute precision and freshness: "For the first three months I worked there I did one dish – confit trout – that's all I did."

In Sydney he joined the team at The Book Kitchen in Surry Hills. The café, and its neighbour Bourke St Bakery, provided inspiration for the type of venue Shepherd hoped to run one day. While there he joined the local chapter of the Slow Food Movement and learned about 'farm-to-plate' first-hand, visiting and sourcing ingredients from local farmers and producers around the city.

He returned to New Zealand in 2007 and was promptly snapped up by Logan Brown chef Sean Clouston; a short-term role extended to three years. Shepherd looks back on that time as an opportunity to readjust to the Wellington food scene, getting a feel for what was available and possible and the local suppliers. "Logan Brown also gave

me a reputation that was really useful in establishing relationships with suppliers when I opened Ti Kouka."

Shepherd says his mission, which has become the main point of difference for the business, was to bring restaurant-style quality and service to the more casual environment of a café. "The aim was to present food of that high standard in a way that was more accessible to people every day, rather than as a special occasion."

Using local and organic produce has been an important step towards achieving that goal. The Ti Kouka supplier list includes Longbush Free-Range Pork, Eco Farms, and Kingsmeade Cheese (all based in the Wairarapa), along with Fish Factory on Cuba St, and L'Affaire au Chocolat, which supplies treats from the suburb of Berhampore.

Within a year of opening, Shepherd found he was running out of room for the breads and sweets baked on the premises. When the lease came up on what was then a "funny little laundry/café sort of thing" in the Leed St Laneway, the idea of a stand-alone bakery arose.

OPPOSITE PAGE: Chef Shepherd Elliott and barista brother Jesse Simpson offer a restaurant experience in a café environment at Ti Kouka Café.

ABOVE: A passion for reducing food waste and finding flavour in every part of an ingredient is at the heart of Shepherd Elliott's food.







Sheperd says his mission, which has become the *main point of difference* for the business, was to bring restaurant-style quality and service to the more casual environment of a café. "The aim was to present food of that high standard in a way that was more accessible to people every day, rather than as a special occasion."

The Leed St Bakery opened at the end of 2013, with the first loaves created from a starter brewed a year before. "I wanted to make something very small-scale so that everything could be done by hand and be up a little more in quality than what everyone else was doing," Shepherd says. The bakery uses organic flours, with wholemeal, spelt and rye sourced from Canterbury.

With a team of five now baking for Leed St and Ti Kouka, Shepherd found himself with more time to tinker. The collaboration with Kaibosh – an organisation providing food to community groups that support those in need – came at a time when he was inspired by renowned New York chef Dan Barber. For three weeks each year the chef's Blue Hill restaurant in Greenwich Village is transformed into wastED, a pop-up that serves dishes created entirely from what would otherwise be deemed food waste and by-products.

Working with Kaibosh has heightened Shepherd's interest in how the system of food production and consumption works as a whole. "At the restaurant we look at how much is thrown away, but also how much we serve – portion size – and how we can make the most our farmers' rotational crops, so that we can keep using their produce year round."

He is keen to find ways to encourage and educate home cooks in ways to reduce food waste as well. Top of the list, he says, is to make an effort to empty out the fridge once a week, using up what's left rather than buying more ingredients. "You want to organise your shopping and how

you shop and buy so that at the end of the week you know that you'll have used everything you bought."

"It's also a myth that we need to get rid of old vegetables because they're no good," he says. Shepherd uses pumpkin as an example. "At the restaurant we peel it and put it in the fridge, which dries it out. The flavour deepens over time and eventually, when you roast it, it becomes like a puffy pillow, and crispy on the outside."

While Shepherd is busy with his kitchen crusade, younger brother Jesse, an experienced barista with 10 years in the trade, holds the fort front of house at Ti Kouka, alongside his partner Alice.

Jesse remembers the first six months following the opening of the café as being 'a little bit touch and go'. When funds ran low the brothers and extended family took on the painting and renovations themselves. "We don't have leather barstools and chandeliers – just a nice warm lounge and a homey sort of feeling," he says. "Along with some of the best coffee in town!"

On a bland and bitterly cold Monday morning in the capital city, it's probably not the interior design luring diners to Ti Kouka. Every seat is taken by 11am. Jesse says most customers are regulars. "It took a while, but yeah, with food like Shep's – you're not going to be quiet for too long!"

Ti Kouka Café - 76 Willis Street, Wellington www.tikouka-cafe.co.nz www.leedsstbakery.co.nz

ABOVE: The success of Ti Kouka's fresh breads and baking led to the opening of specialty bakehouse Leed St Bakery.



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#### **TALES FROM THE**

# 'Petite Kitchen'

The quiet powerhouse behind a popular food blog and wholefood café, Eleanor Ozich has released a second cookbook packed with simple recipes for family meals.

he title of Eleanor Ozich's new recipe book, *My Family Table*, couldn't be more reflective of the way she goes about creating, writing and styling the wholesome recipes inside. Rather than stretching herself to fill its pages with idealised versions of her family's daily fare, the mother-of-two, blogger and café owner values simplicity above all else.

"All of the food that's in there is whatever I was making for the kids that night. That's why I'm so proud of this book: I absolutely love it because it really is the food that we were eating," she tells me shortly after dropping her youngest son, Obi, off at daycare. "That's the great thing about taking the photos

myself too: I'd just whip my camera out, take some snaps and say, 'Yep that's a winner!'"

While her first publication, *My Petite Kitchen Cookbook* (published last May) was also centred on her family; she began the long process of writing her second book with a renewed focus on practicality. "Everything's even easier and simpler than the first book. I find that when I don't plan too much, that's when I make the most tasty, delicious food. I never put too much stress on myself to make anything too fancy. I've tried to do that in the past and it just never turns out well."

Her favourite recipe from the book is the creamy mushroom chicken served on cauliflower rice, which her family adores. A flexible recipe for vegan chocolate chip cookies comes a close second; she is always experimenting and enjoys trying them with different dried fruits. "I make those most Sundays for the kids; they're good lunchbox fillers. I have so many favourites. I genuinely love all of them – there's not one recipe I'm iffy about. Everything's pretty awesome."

Eleanor's focus on fresh, seasonal ingredients coupled with thoughtful styling saw her blog, Petite Kitchen, garner a dedicated following soon after she started it. She says it began as a personal diary to document her food-based approach to healing her daughter Izabella's growing list of health issues. After six months she was surprised and delighted to find she had a substantial audience of like-minded cooks and mothers.

"Everything's even *easier* and *simpler* than the first book. I find that when I don't plan too much, that's when I make the most tasty, delicious food."

"When my daughter was about three years old she had heaps of health issues – really bad eczema and asthma and some quite serious food intolerances. No one could really work out what the problem was until we went to a naturopath and she explained that everything is stemmed in the gut, which we could heal by following a simple wholefoods-style diet."

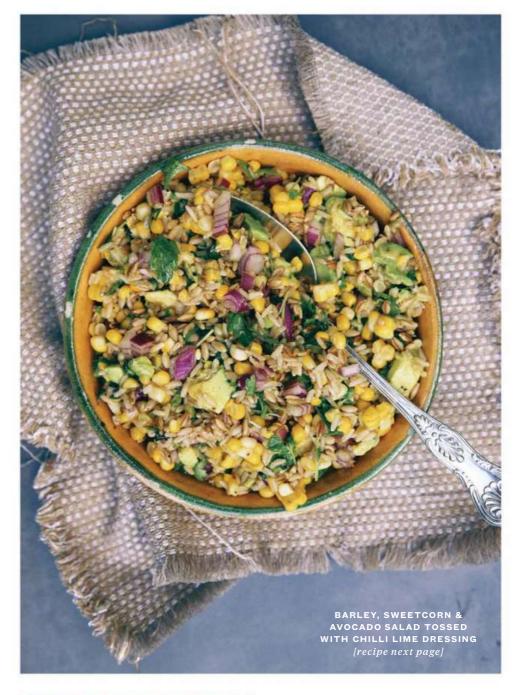
Taking inspiration from Nigel Slater's food philosophy and Jamie Oliver's zest for good food, Eleanor values taste just as highly as health. "It's really about making everything tasty and delicious, I just love really hearty, comforting food. Mediterranean, Italian-style food is my favourite – Nigel Slater makes a lot of that."

Scrolling through the rustic, tranquil scenes that fill Eleanor's blog, you could be forgiven for assuming she lives something of a charmed life, but she tells me it hasn't been easy to find the sweet spot between work and play. "Last year was really hard – a real struggle. I definitely took on way too many projects."

She says with the help of her business partner, Hannah Horton, her Kingsland café Mondays Wholefoods has now found its groove, 18 months after opening. "Hannah and I jumped into it and we had no experience – we didn't know what we were doing but we're feeling really confident now."

She also credits a move from inner-city suburbia to west Auckland as another reason her life flows more smoothly these days. "It's made a huge difference to our working style and I just make sure that I never take any work home. When I'm with the kids I try not to go on my phone or anything like that, which I didn't do last year."

Eleanor now makes sure to spend more time on the parts of her life she values most, such as the intimate events she holds at Mondays.





"Hannah and I love what we do with our blogs and everything, but it's great to have a physical space where we can talk to people. It's awesome, we love holding dinners, book launches and little events like that."

Her plans for the rest of the year include "just chilling for a bit" but she also reveals there are tentative plans for a second Mondays in the works. "Kingsland would still be our kitchen, but we'd have a hole-in-the-wall spot in a busier location. Kingsland's great but it's a bit out of the way for most people."

Considering how much she's accomplished already, her ambition comes as little surprise. With her fingers crossed, Eleanor heads off to view a potential location, her mind firmly set on making city life a little slower and a lot more delicious.

Turn the page for recipes extracted from 'My Family Table'.



#### Crispy Almond-Coated Chicken Roasted with Artichokes and Lemon

My favourite recipe from this entire book. I cannot even begin to explain how tasty this dish is, each mouthful a marvellous burst of the Mediterranean – gorgeously crispy almond-coated chicken with meltingly tender artichokes, and a hint of lemon to cut through the richness. This is serious melt-in-your-mouth goodness with a sensational sticky, sweet and salty sauce. Do give this one a go – I promise you will not be disappointed. Serve with steamed green beans or peas.

½ cup almond meal 8 free-range chicken drumsticks 1½ cups marinated artichokes, drained and roughly chopped a large handful of fresh oregano leaves a large handful of pepitas (pumpkin seeds) extra virgin olive oil, for drizzling lemon wedges, to serve

Preheat the oven to 180°C (350°F).

Place the almond meal in a shallow bowl. Roll the chicken drumsticks in the almond meal until coated all over.

Arrange the chicken in a large baking dish, along with the artichokes. Sprinkle with the oregano, pepitas and a generous pinch of sea salt and freshly ground black pepper. Drizzle generously with olive oil.

Roast for 1 hour, or until the coating is crispy and golden and the chicken is cooked through. Serve with lemon wedges. Serves 4

#### Barley, Sweetcorn & Avocado Salad Tossed with Chilli Lime Dressing

This fantastically healthy salad is tossed with a punchy chilli lime dressing – a perfect summer dish, full of crunchy textures, vibrant colours and fresh bright flavours. I use barley in this salad as it has a pleasing chewy, slightly nutty texture, although quinoa, rice or most other grains would work well too; just adjust the cooking times accordingly.

220 grams (1 cup) barley (use rice or quinoa if you'd like the salad to be gluten-free)

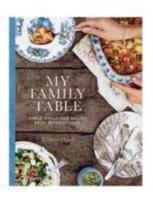
- 4 cobs sweetcorn
- 1 red onion, diced
- 1 large handful of fresh coriander, roughly chopped
- 1 large handful of flat-leaf parsley, roughly chopped
- 1 teaspoon chilli powder or chilli flakes a good glug of extra virgin olive oil juice of 2 limes
- 1-2 avocados, peeled and stoned, flesh chopped

Cook the barley or other grains according to the packet instructions. Drain and leave to cool.

Meanwhile, boil or steam the corn for about 10 minutes, or until just tender. Drain and leave to cool, then cut the kernels from the cobs using a sharp knife.

Place the cooled barley and corn in a bowl. Add the remaining ingredients and toss together, then season to taste with sea salt and freshly ground black pepper.

Serve straight away, or cover and refrigerate until serving time; the salad can be prepared several hours ahead. Serves 4



My Family Table: Simple Wholefood Recipes from 'Petite Kitchen' by Eleanor Ozich, Allen & Unwin. On sale 1 October. RRP\$45

### THE NED PINOT ROSÉ

As the days get longer and warmer we're looking forward to balmy evenings with friends, enjoying fine wine, good food and easy conversation. For a tantalising match to round off the night serve a chilled bottle of The Ned Pinot Rosé with these light and luscious Strawberry and Cream Tarts.





# Give us our daily seed loaf

Move the loaf of sliced white aside, there's a new style of bread vying for your favourite spread. ALICE GALLETLY caught up with three artisan bakers making loaves worthy of a toast.

f you've been ordering toast in any trendy cafés – particuarly the kinds that use words like 'whole' and 'superfood' on the menu – you may have noticed the bread has been looking a little 'unbreadlike' recently. Where thick slabs of white ciabatta (served with a pat of butter and jam on the side) were once the norm, the health food movement has given rise to a new breed of loaves: dense, often flour-free and crammed with nutrient-rich sprouted grains, seeds and nuts.

Yeshe Dawa, aka The Midnight Baker, is making a name for herself selling her signature product, The Freedom Loaf, to cafés around Auckland and online.

So called because of all the things it's free from – wheat, yeast, sugar, dairy, eggs and preservatives – it's the things the Freedom Loaf *does* contain that make it interesting. Packed with sunflower, pumpkin and chia seeds, almonds and oats (or buckwheat flour for a coeliac-friendly version), it has a wonderfully nutty flavour, texture and satisfying crunch when toasted.

"It's made with whole rather than processed ingredients, so you can get the maximum amount of nutrition and benefit from them," says Yeshe. "I have a lot of customers who don't have any dietary requirements but say they feel better when they eat that bread, and really enjoy the taste and flavour."

Yeshe, who decided to go gluten- and dairy-free three years ago as a way to combat eczema, started making the Freedom Loaf for herself when she couldn't find a good wheat-free bread substitute.

"It's a lot better now, but at the time all the options were really stodgy and just... not good. I found myself wanting. So I did some research, found some good recipes and started making this really densely packed nut and seed loaf for myself."

At the time Yeshe worked at local jewellery company Meadowlark, where her co-workers became intrigued with the bread she brought in for lunch each day.

"I'd toast it at work and they'd be like, 'What is that smell?' They couldn't believe I was just making toast. So I started making it for them and then for friends, and people just passed the word on."

Nowadays, Yeshe works full-time as The Midnight Baker – an apt name considering her unusual schedule. Three or four evenings a week she heads out to Welcome Eatery in Grafton, where she uses their commercial kitchen after hours to bake.

"I didn't get any sleep at all last night," she confesses. "Usually I try to start around 5pm and stop at 10pm, but when I'm really busy I'll work right through until 6am when the kitchen opens."

Thanks to Yeshe's late night exertions Aucklanders can find her Freedom Loaf on the menu at cafés Catroux, Odettes Eatery, Dear Jervois, Sip Kitchen, The Shelter's café Eat, and The Strand.

It can also be ordered from anywhere around New Zealand through her website ("I have one ardent customer in Balclutha who orders regularly," she says), and is available in three different flavours: Original, Herb, and Cinnahon (made with cinnamon and honey).

"I'm happy to customise orders," she says.
"If someone can't eat nuts I'll take them out,
or if they're vegan I'll substitute the honey
for rice syrup. I just want as many people to
be able to enjoy it as possible."

www.themidnightbaker.co.nz



#### SPROUTED RYE FROM BAKER GRAMERCY, WELLINGTON

Gramercy is a boutique bakery in Welllington's Berhampore, which opened in March last year. As well as tarts, French pastries and crusty loaves of sourdough, they bake a mean sprouted rye bread twice a week.

"It's a hefty loaf," says head baker James Whyte. "The cooked bread weighs over a kilo, and it's fairly expensive to make because it's got so much going into it."

James' rye bread is an adaptation of a recipe by famed San Francisco bakery Tartine, and contains, among other things, rye flour, sprouted rye berries and pumpkin seeds.

Sprouting the rye berries makes them much easier to digest, says James, but also adds interest to the bread and gives off a "...lovely floral aroma".

"It's a very flavoursome, complex loaf, and because it's so bold it stands up to lots of toppings – like salmon, meats and cheeses. It also lasts really well – I was talking to someone last week who'd been eating a loaf for two and a half weeks!"

Baker Gramercy, 470 Adelaide Rd, Berhampore, Wellington www.gramercy.co.nz



#### SEEDED SOURDOUGH AND SPROUTED BUCKWHEAT FROM WERE BROS, AUCKLAND

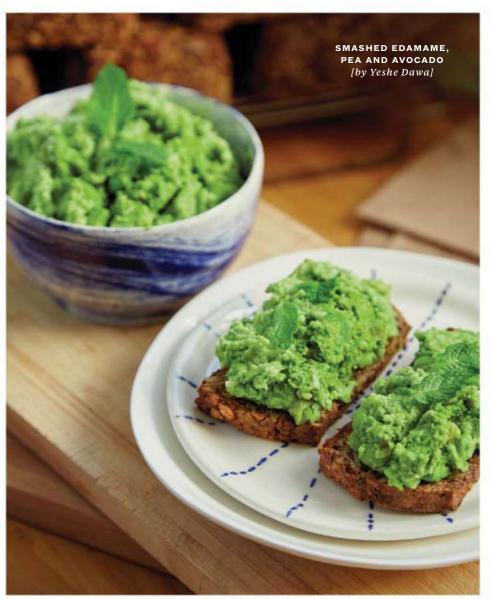
Raw food followers in Auckland will likely be familiar with Carter Were's Organic Sprouted Buckwheat bread, which was a popular menu item at Little Bird Organics eateries. Made from buckwheat that Carter sprouts herself, linseed, coconut oil and salt, the bread is completely gluten-free and vegan.

"I started making it when I was living in Sydney four years ago," she explains. "I was working at Bourke St Bakery and got quite into health food, so I just started making the buckwheat bread at home. I've never been gluten-free or anything, I just really liked the taste of it. It took me a few years to get the recipe right."

Carter has since turned her buckwheat bread into a business, which she called 'Were Bros' after her great-great-grandfather's Christchurch soft drink company. She recently set up shop in Grey Lynn, joining florist Sophie Wolanski to open café, florist and curio store Muck Floral and Were Bros.

As well as the sprouted buckwheat bread, Carter also offers a seeded sourdough for those not looking for a gluten-free fix. Try it in her café topped with sardines, a pickled boiled egg and greens, and it might just be the best piece of toast you've ever eaten.

Were Bros, 480 Richmond Road, Grey Lynn, Auckland www.werebros.co.nz



#### Smashed Edamame, Pea and Avocado

2 tablespoons oil

(coconut, olive or your preference)
2 spring onions, finely sliced
2 cloves garlic, finely chopped
1 cup frozen, shelled edamame beans
1/4 cup water or vegetable stock
3/4 cup frozen peas
1/2 avocado
1 tablespoon lemon juice, or to taste

1 tablespoon lemon juice, or to taste small handful fresh mint sea salt and pepper to season

#### Optional extras

coriander cayenne pepper sesame oil

Heat the oil in a medium saucepan over a low heat. Add the spring onions and the garlic and cook for 3 minutes or until soft. Add the frozen edamame beans and water, cover and cook for 3–5 minutes until the beans are just tender.

Add the peas and cook for a further 2 minutes. Remove from the heat, season with salt and pepper and cool for 5 minutes. Use a stick blender (or a potato masher or food processor) to blend the mixture until well blended but still a little chunky. If it's too thick, simply add a little oil, water or stock to loosen the mixture.

While still in its shell, score the avocado into chunks. Use a spoon to scoop out the flesh, add to the pea mixture and combine. Add the lemon juice and season. Add extra lemon juice, salt and pepper to taste if needed. Garnish with chopped fresh mint. Serves 4

#### **VARIATIONS:**

Components of this dish can be varied to suit your tastes or meal.

- Use sesame oil and coriander for a fresh, flavoursome side for meals with Asian-inspired flavours.
- You can use less oil to fry the spring onions and garlic and add a dash more water to maintain the consistency.

Photograph by Bryce Carleton



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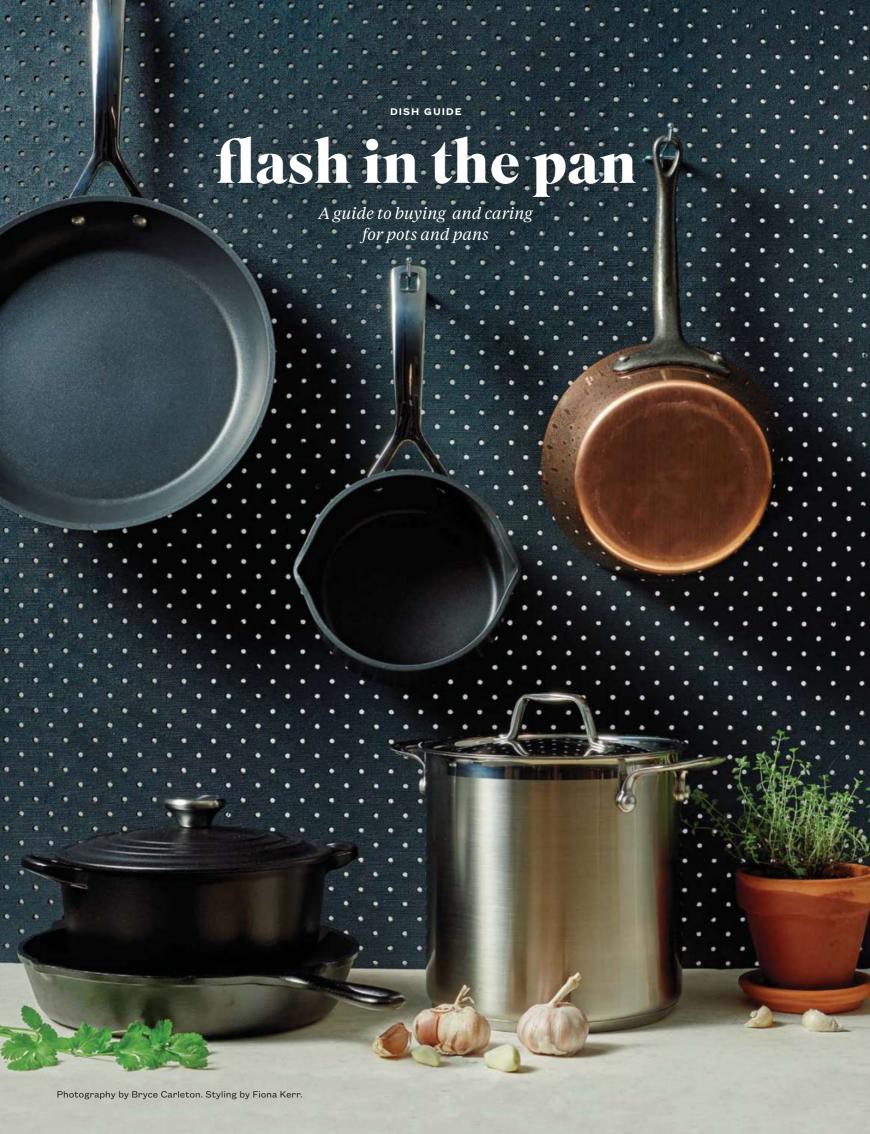


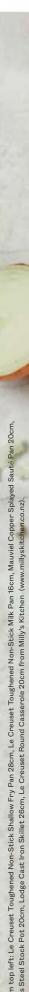














When setting up a kitchen, pots and pans are often at the top of the list - but which ones are going to be the most useful? And what about all the different materials, such as aluminium, stainless steel and copper? NICOLE CURIN BIRCH looks at the options.

The first step when choosing pots and pans is to consider who you're cooking for, and what you cook most often, says Liz Oldfield of Milly's Kitchen. "There is no use buying a huge frying pan if there are only two of you, so instead look for something small," she says. "If you have three teenage boys you are going to be cooking huge portions, so supersize. Think about the dishes you eat. If you slow cook a lot, then invest in a good quality Dutch oven. If stir-fried meals are your standby, consider purchasing a wok."

Whatever your needs, the Dish guide to buying pots and pans provides some useful tips on what to look for next time you're shopping.

#### Cast Iron Skillet (20-28cm)

Steak, full English breakfasts, lamb chops and chicken all cook beautifully in cast iron skillets. The heavy base also makes them ideal for frittatas and tarte tatin. Hugely versatile and built to withstand almost anything, they are a kitchen staple.

Save: Hampton & Mason 20cm Cast Iron Frying Pan \$59.99 (Briscoes)

Spend: Lodge 26cm Cast Iron Skillet \$88 (The Studio of Tableware)

Splurge: Staub 26cm Cast Iron Frying Pan \$338 (The Homestore)

#### Saucepans

Saucepans are incredibly versatile and can be used for boiling vegetables, making sauces, reheating food or pairing with a steamer to steam vegetables. They work well for small portions of rice too. Opt for two or three different sizes from 18cm-26cm.

Save: Soffritto 20cm Saucepan with Lid \$30 (Stevens)

Spend: Baccarat Iconic 20cm Saucepan with Lid \$139.99 (Farmers)

Splurge: Demeyere Atlantis 20cm Saucepan with Lid \$456.95 (Milly's Kitchen)

#### Sauté Pan

Possibly the busiest pan in the kitchen, the sauté pan is perfect for stir-frying, braising, whipping up a ragu and cooking a pilaf. Sauté pans have high sides to prevent splatter and to allow sauces to reduce slowly. They can also be used to poach eggs, fruit, fish and chicken and are great for shallow deep frying too. A true kitchen

Save: A La Carte Cuisine 26cm Sauté Pan \$99.99 (Farmers)

Spend: Hampton & Mason Signature Series Sauté Pan 28cm \$169.99 (Briscoes)

Splurge: Scanpan Classic Sauté Pan 28cm \$459 (The Studio of Tableware)

#### Stock Pot

A stock pot should be deep enough to hold at least 7.5 litres of liquid - able to swallow a decent sized whole chicken and lots of vegetables for a hearty soup. Stock pots are also great for cooking big portions of pasta, as well as batches of tomato or plum sauce. Likewise, mussels or other shellfish can be steamed open inside them beautifully. Look for a stock pot with a heavy base as it helps distribute heat more evenly and prevents any food at the bottom burning.

Save: Necessities 11 litre Stock Pot \$25 (The Warehouse)

Spend: Stevens Gourmet Stock Pot 7.5 litres \$179.99 (Stevens)

Splurge: Le Creuset 15.2 litre Stock Pot \$379.95 (Milly's Kitchen)

#### Non-Stick Frying Pan

We've all tried to scrape the burnt remnants of some meal or another off the bottom of a frying pan, piece by piece. A good non-stick frying pan should stop this nonsense once and for all. We should also, says Liz Oldfield, turn the heat down. "We definitely love turning the flame right up in New Zealand and we really don't need to. Good cookware will be efficient at medium temperature so you don't need to crank it up, that's when it burns. Crêpes, omelettes, fritters, fried eggs, hash browns and fish all cook beautifully in a non-stick fry pan."

Save: Tefal How Easy Non-Stick 26cm Fry Pan \$49.99 (Briscoes)

Spend: Circulon Genesis Plus Skillet 25cm \$159.99 (Stevens)

Splurge: WMF Profi Resist 28cm Fry Pan \$359 (The Studio of Tableware)





**Pros:** Relatively inexpensive, aluminium is an excellent conductor of heat, allowing for even cooking. Suitable for induction cooking.

**Cons:** Aluminium is softer than most other materials so is not long-lasting and can react with acidic foods. It is also not ideal for very high temperature cooking. Try hard anodised (chemically treated) pots as an alternative as they are hardier and scratch resistant.

#### STAINLESS STEEL

**Pros:** Rust-resistant and suitable for cooking all foods, stainless steel has a polished finish. Suitable for induction cooking and dishwasher safe.

**Cons:** Stainless steel is not the best heat conductor, which means things can burn over hot spots. Look for stainless steel and aluminium or copper combinations.

#### **CAST IRON**

**Pros:** High heat resistance makes this suitable for hob and oven use. Cast iron is incredibly durable, scratch resistant and relatively inexpensive. Suitable for induction cooking.

Cons: Cast iron is reactive and will rust if not looked after properly. Cast iron needs to be properly seasoned before use and dried thoroughly after washing. Enamel-coated cast iron is a more fuss-free option, but be prepared to pay for it.

#### COPPER

Pros: Beautiful to look at, copper is also the best heat conductor so will cook food evenly. Copper heats quickly and can be used both in the oven and on the stove top.

Cons: The price of copper cookware can be prohibitive. Copper is also reactive with alkaline or acidic foods and these can taste metallic after being cooked in copper; many brands are now lined with stainless steel to prevent this. Polishing can be a hassle. Never use on an induction cooker or a ceramic glass top stove.

Copper sauté pan

#### CERAMIC

**Pros:** Ceramic can withstand incredibly high heat, is non-stick and can be used to store food in the fridge after cooking. Non-reactive, it is also suitable for induction cooking.

**Cons:** Ceramic cookware will crack if dropped and inexpensive brands can tend to discolour.

#### PEOPLE AND THEIR POTS

Jason van Dorsten, Executive Chef, CAFE HANOI "My best frying pan is a big, old, heavy-duty cast iron one I found in a cupboard in a flat I lived in 10 years ago. I keep it at home and use it at least three or four times a week to cook pretty much everything in. It's a really good red meat pan and I'll pop a steak in it for a couple of minutes each side before finishing it off in the oven. No one but me is allowed to touch it and it will probably be with me for the rest of my life."

### Nicola Cronin, preserve maker, COMMUNITY FRUIT HARVESTING "I cook

four batches of preserves every day using fruit donated to us by people with backyard trees. We've been overrun with grapefruit, so I'm making a lot of marmalade using my Mum's recipe. We put the marmalade in alongside fresh fruit in the baskets that go to food banks. I have six preserving pans and the secret to making perfect preserves is to choose a pan with a thick bottom and a wide top. This helps get the preserves to a good heat without burning and brings out a beautiful flavour. I love experimenting and have been lucky enough to have some really beautiful fruit to work with. There are some really generous people out there and a lot of people who need help."



### In season: watercress

Lush and packed with nutrients, watercress inspires JULIE BIUSO'S spring cooking.

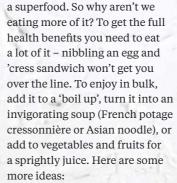
he watercress leaves of my dreams are deep forest green, thick and luscious, clustered together on slimmish stalks, smelling fresh and peppery. I blame it on those pictures of tightly-packed verdant bunches of watercress that you see garnishing roast turkey and game in British food magazines and cookbooks. The watercress glistens as if a fine mist of English rain has just chanced upon it, and there it sits, all perky and impossibly good looking.

Here in New Zealand, our watercress is a leggier beast, not as sturdy or lush, lighter in colour and thicker-stemmed. But it is armed with the same peppery taste, and nutrients, and is just as versatile.

Watercress is an aquatic plant that needs fresh running water to grow successfully. Years ago you would find it growing wild near streams, and if the water was clear and flowing you'd assume it safe to eat, but with so much runoff from farms occurring that's no longer a safe assumption.

Hydroponically-grown watercress is now widely available.

Watercress belongs to the cruciferous family - that's the group of vegetables which includes broccoli, cabbage, Brussels sprouts and cauliflower - but it's free of sulphury pong and has the lovely pepperiness and somewhat pungent flavours of its other botanical cousins rocket and nasturtiums. Its health attributes are stunning. In her book Antioxidants: A Health Revolution, (New Zealand Institute for Crop & Food Research Ltd, 2003), Dr Carolyn Lister cites watercress alone as having, "excellent antioxidant activity". Kale rates as "very good", as do garlic, beetroot and asparagus. Along with the carotenoids, phenolics, folate and other B Vitamins, are iron and calcium. This cocktail of goodness turns watercress into



- In cooler weather, thread chopped watercress through potato mash, as with cabbage or kale when making that great Irish comfort dish, colcannon. Serve with boiled bacon (seriously good!), or pot roast.
- Whiz it with walnuts, garlic, lemon zest and olive oil for a fresh-tasting pesto. Add to salsa verde, whizzing it with parsley, capers, garlic and olive oil. Or make watercress butter with finely chopped watercress and soft butter and serve with fried or steamed fish, chicken breasts or pork steaks.
- Watercress shines in salads but wilts quickly when tossed with dressing. So toss other salad ingredients together first, put watercress on top and gently toss it through the salad while serving. Try orange, tangelo, grapefruit or mandarin segments drizzled with walnut or hazelnut oil, toasted walnuts and a good handful of watercress. Citrus also works with beetroot. Arrange on plates, drizzle with a garlicky lemony dressing and pile watercress leaves on top. Perfect with venison, but also good with lamb and pork.
- Sizzle some bacon in an oiled frying pan, transfer to a plate, remove pan from heat, cool

briefly then swish around a little tarragon vinegar. Spoon pan residue onto plates and top with mounds of witloof, rocket and watercress leaves and a few nuggets of bacon. Each bouncy forkful of salad will have a little dressing underneath. Serve with roast chicken or steamed fish.

- Remove cores and stems from sweet, juicy pears and fill hollows with soft goat's cheese. Spoon over a lemony vinaigrette sweetened with honey, garnish with watercress and serve as a starter with homemade cheese pastries or biscuits.
- Once peaches come into season, serve sliced with pulled pork or duck, or flaked smoked fish, chopped hot red chilli, slivered kaffir lime leaves, a good slosh of lime juice, and plenty of watercress.
   Perfect with a glass of chilled rosé for lunch.
- For an Asian slaw, finely shred Chinese cabbage, red cabbage and carrot and dress with a gutsy soy sauce and ginger dressing. Add watercress to the top, toss and serve.
- Watercress is pretty in translucent rice paper wraps with avocado, pickled pink ginger, slivered spring onions and shaved carrot. Add shredded duck, pork or chicken. Serve with dipping sauce.
- And, yes, there are always those delicious egg and 'cress sandwiches. This is the one time it's okay to use supermarket white bread; in fact, it's essential! Slather with creamy salted butter - don't be stingy. Discard half the cooked egg whites before chopping whites and yolks together (it produces a creamier mixture). Add some mayo and spread generously over bread adding plenty of watercress leaves. Cut into dainty fingers and serve - oh, and don't forget the jug of Pimm's. O

For more of Julie Biuso's recipe ideas visit Shared Kitchen at www.sharedkitchen.co.nz

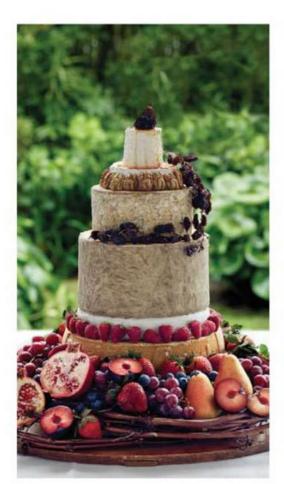


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### DINE WITH DISH AND YEALANDS

Join *Dish* and Yealands Family Wines for a very special night of award-winning wine and exceptional food at MASU by Nic Watt in Auckland.

A night of premium Yealands Estate wines matched with exquisite food at Nic Watt's Japanese Robata restaurant, MASU, awaits guests at the next Dine with Dish event.

Join Yealands Senior
Winemaker Jeff Fyfe and Dish
Editor Lisa Morton for a very
special four-course meal designed
by Nic Watt, matched with Single
Vineyard and Winemaker's Reserve wines
from Yealands.

Yealands Estate Winery is synonymous with producing highly-crafted, award-winning wines using sustainable practices. In the six years since founder Peter Yealands launched the vineyard, Yealands has won 13 trophies and more than 900 awards including Best Sauvignon Blanc In the World at the 2012 London International Wine Challenge for their 2011 Yealands Estate Single Block S1, and being named Wine Producer of the Year at the 2014 International Wine & Spirits Competition.

Both the Single Vineyard and Winemaker's Reserve ranges are from Yealand's Seaview Vineyard – New Zealand's most coastal vineyard. The vines on this unique vineyard battle against challenging growing conditions, producing thickskinned small berries with

wonderfully rich and intense flavours.
Jeff joined the award-winning Yealands
Wine Group in 2009 as a Senior
Winemaker and has been instrumental in
establishing Yealands Family Wines on the
world stage.

Don't miss this opportunity to enjoy exceptional wines from one of New Zealand's leading wineries at one of Auckland's most exciting restaurants.





#### **EVENT DETAILS**

#### WHERE:

MASU, 90 Federal St, Auckland

#### WHEN:

Tuesday 3 November at 6:30pm for a 7pm seating

#### PRICE:

\$125 per person (includes four courses with matching wines)

#### то воок:

Phone MASU on 09 363 6278 or email info@masu.co.nz. (Credit card details required at time of booking)

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www.mitsubishi-electric.co.nz/wx









# Super hoppy beer

The *Dish* Tasting Panel give their tastebuds a workout with a line-up of beers that showcase hops in all their herbaceous, bitter glory.

s we emerged from the cold winter months we found ourselves craving beers packed full of flavour and the promise of warmer weather to come. So when pondering which beer style to put under the spotlight this season it didn't take long to land on hops. We wanted to see gigantic amounts of herbaceous hops presented in any way, shape or form. We asked the nation's brewers to send us their most bracingly bitter beers: "If you make a Double IPA, Triple IPA, Imperial IPA, then this is its time to shine. Or perhaps you have a squint-inducingly hoppy red ale, Pilsner or porter? As long as it's pushing the boundaries for hoppiness in that style, it belongs in this panel," we said.

We asked for bottled beers only, and assembled a team of top tasters who sipped their way through 40 entries, all served blind and under competition conditions. Forty beers may not sound like many, but for our judges it was a big day, requiring a lot of breaks to keep their palates fresh: all that bitterness can be taxing on the tastebuds.

"The overall quality was very good," said judge Michael Donaldson. "Hops in fresh beers really do burst out of the glass, which was the case with our winner – a veritable spray of choice hop notes: pine, zest, grass, tobacco. This beer puts the hops against quite a lean malt base, not the usual sweeter, fatter malt body that carries the bitterness in a big IPA like

this one. But that lean malt allowed the hops to razzle-dazzle. Contrast that with the other top choice, which was super-bitter but balanced against a syrupy sweet malt base that carried all the bitterness on a velvet cushion."

The hop assortment used to craft the entries was dominated by 'in your face' American varieties and blends like Falconers Flight, followed closely by gentler, more floral New Zealand hops (including the recently renamed Dr Rudi). But we also saw European varieties such as Saaz and Styrian Golding, Australia's Galaxy and the lemony, floral Japanese hop, Sorachi Ace.

"The use of hops in beer has changed dramatically in recent years, from the subtle hints used by early craft pioneers to the big hop bombs we tasted today," said judge Josh Scott. "It was pleasing to taste so many beers that not only had big, tropical, punchy hop aromas, but backed them up with a strong malt backbone to hold the beer together."

In fact, there were very few low scores with the exception of one our associate judge Bob Kerrigan dubbed 'Depression Ale' because it tasted "…like a big black dog. Not to be confused with an exceptional stout I encountered, which felt like I'd pashed a Rottweiler made of chocolate. Overall these panel results are testament to excellent use of 'hoppery' and 'flavourage'." And with those technical terms out of the way, turn the page for our Top 12.



#### **FAST FACTS:**

- To qualify for super-hoppy status, we asked for beers with a minimum of 60 IBU (International Bitterness Units). The highest we received was a squint-inducing 167 IBU. IBUs measure the parts per million of isohumulone in a beer. This is the acid found in hops that gives beer its bitter bite.
- When matching food with superhoppy styles, try fatty foods like sausages and burgers.
- For the last seven years the West Coast IPA Challenge, held each winter, has been the launching pad for some of New Zealand's best ultra-hoppy beers. This year Epic brewer Luke Nicholas paid homage to what he has dubbed "The Best Podcast In the Universe" - a US show called 'No Agenda' hosted by Adam Curry and John C Dvorak. Luke's brew-tribute, the No Agenda ITM Brown Ale, was praised live on Episode #739 of this hugely popular US-based podcast, where the hosts announced, "That is one of the top things we've experienced. We're gonna have to go down to Noo Zealand to taste this stuff." And if you want to understand the cryptic numerals and wording on the label then you'll just have to listen to the podcast. Why a Brown IPA? "We've brewed a heap of different IPAs now: a Black IPA (Apocalypse) and Red IPA (Carolina), so brown was the next logical colour," says Luke. The WCIPAC is also where Luke launched Armageddon IPA, Hop Zombie IIPA and Lupulingus Imperial IPA.

Words by Yvonne Lorkin DISH 57









THE JUDGES (clockwise from top left)

Yvonne Lorkin - *Dish* drinks writer

Michael Donaldson - Beer writer

Josh Scott - Founder of Moa and beer Cicerone

**Bob Kerrigan** (Associate Judge) – creative director and co-founder of The Beer Spot

(NB: all beers are judged blind and the scores of judges for their own beers cannot exceed those of other judges.)

#### RATING SYSTEM:

GOLD \*\*\*\*

Superb. Strongly recommended.

#### SILVER \*\*\*

A cut above the rest in quality.

#### BRONZE \*\*\*

A good-quality crowd pleaser.



Look for the *Dish*Tasting Panel selection sticker, which can be worn by our top beers.

With thanks to Janet Blackman and Cameron Douglas from the Professional Wine Studies Department and the AUT School of Hospitality and Tourism. For more on the programmes in hospitality, food and beverage, and hotel management visit www.aut.ac.nz

Water kindly supplied by Antipodes.





### Dish Tasting Panel -

# Super hoppy beer

#### TOP BEERS OF THE TASTING

# 1. LIBERTY BREWING Knife Party American IPA (\$10.90, 500ml) \*\*\*\*

"Very lean on the malt and very heavy on oily, aromatic 'stanky' hops," said brewer Joseph Wood of how he crafted this, our number one super hop-o-rama of a beer. It's not often our judges run out of space to fill their tasting notes sheet, but this had the team reaching for every superlative under the sun. "Its expert use of hops made every moment a pleasure throughout each stage of our all-too-brief encounter," announced Bob. "More please!" Michael was clearly impressed by its "...herbaceousness, sunlit tobacco and gunpowder complexity, creamy mouthfeel and full-on hop wash across the palate". Yvonne and Josh also loved the bright citrus, stonefruit and passionfruity punch, dried herb notes and subtle creamy, malty magic. "Great bitterness and a supertasty finish, it's an excellent beer."

# 2. 4 HORSEMEN OF THE HOPOCALYPSE Intergalactic Imperial IPA (\$15, 500ml) \*\*\*\*

This is the latest instalment in a longrunning collaboration between Hallertau, Liberty, Epic and Kelly Ryan (current head brewer at Fork Brewing and formerly of Epic and Good George Brewing). The aim is to make the biggest and boldest IPA possible - and our judges think they've smashed it. "This should come with a warning," said Yvonne. "With its cappucino-coloured head and subtle aromas of lemon, freshly baled hay and summer fields, you think it's going to be an easy drink - but it's hugely tangy and bitter." "Headshakingly bitter and piney," noted Michael, while Josh loved the sweaty, tropical and citrus characters and roasty, creamy, malt backbone. "It's the early 80s red Fender Stratocaster of beers," said Bob.

# 3. LIBERTY BREWING Sauvin Bomb IPA (\$10.90, 500ml)

"Dad's lawnmower," announced Bob. "This tastes like I'm drinking from a can – nice!"











added Yvonne. "Clear, shiny bright amber in the glass. Nutty, resinous, bold and flinty. I LOVE the aromatics and nicely integrated bitter layers in this beer." Michael and Josh also praised its assertive bitterness, weight, and fresh grassy finish.

#### 4. EPIC

### Hop Zombie Double IPA (\$10.99, 500ml) ★★★★

Our judges were really taken by the gingernut and malt biscuit aromatics intertwined with melon and herbaceous tones. "Great balance, very drinkable," commented Michael. The other judges agreed; all enjoying the fresh, tangy mouthfeel and full-on, flavoursome finish of this American Double IPA. A class act and beautifully brewed.

#### 5. GOOD GEORGE APA (\$15.99, 500ml) \*\*\*\*

"Sweat and funk on the nose, with a full, welcoming mouthfeel," said Michael of this unfiltered, double dry-hopped style, "...it's got good dirtiness." Josh agreed with the sweaty skunky nose and Yvonne praised its "Deliciously creamy frothy head, nutty biscuit notes and bold hops. The bitterness is gentle but well integrated – very drinkable. Nice length of flavour too."

#### 6. LIBERTY BREWING

#### Halo Pilsner (\$21, 330ml 6-pack) ★★★★

If you're searching for a Pilsner that really pushes the hop factor then look no further. "Very upfront aromatic hops with piney, petroleum-like characters. Fresh, clean and crisp, with good weight and balance,"

commented Josh. "Well representative of hoppy style". Bob relished its immediate Pilsner bite and Yvonne praised its elongated bitterness and length of flavour.

# 7. TUATARA BREWING Double Trouble Double APA (\$10.99, 500ml) \*\*\*\*

This seriously pungent APA carried the highest IBU level (167) and it impressed. "Very interesting skunky-ripe nose, sweet malty caramel, husky backbone alongside sweaty hop characters with some tropical pineapple notes. Great sweetness and balance," noted Josh, while Yvonne enjoyed the Brazil nut, toasty cereal malts and creamy meringue-like mouthfeel. Bob said its intensity was: "...like eating nachos with liquorice allsorts".

### 8. LIBERTY BREWING C!tra IPA (\$13, 500ml) \*\*\*\*

"Cut grass! Lawnmower catcher! Highly herbaceous, tangy, bitter and ravishingly refreshing," announced Yvonne. "This needs to be consumed super-cold." Josh enjoyed the resinous, piney aromatics and Michael enjoyed the rich, tropical fruit salad, honey and tobacco notes. "The sweetness on the palate is nicely balanced," he said.

## 9. KERERU BREWING CO. Imperial AT-AT Pilsner (\$8, 330ml)

This deeply golden Pilsner delivers serious punch in the palate. "The banging hop bitterness is offset by sweetness," noted Michael. Yvonne enjoyed the aromas of lemon pith and grapefruit alongside well-managed malts and huge hop bitterness, which kicked in on the finish. "Big malty palate, rich, weighty and very food-friendly," noted Josh.

#### 10. MOA BREWING

#### Imperial Stout (\$7.99, 330ml) \*\*\*

"Sweet chocolate meets after dinner mints," noted Michael, while Bob was well and truly wowed by its big bite. "Inky, marmite-coloured in the glass and showing sarsaparilla and tangy hop aromatics," praised Yvonne. "High acidity, yet creamy roasted coffee characters shine through and leave a toasty, tarry finish." One doesn't often associate stouts with hops, but this oak-aged example uses Waimea, Pacifica, Motueka and Kohatu to create big bitterness.

### 11. KERERU BREWING CO. Resonator IPA (\$11, 500ml) \*\*\*\*

"Dry as!" announced Bob, while Michael praised its gentle, grassy, hay-like aroma. Sweaty and resinous with great malt sweetness, its creamy texture, tight bitterness and long, clean finish immediately impressed Yvonne and Josh. "We double-dry hopped the beer for extra hop character," explained brewer Chris Mills.

### 12. PARROT DOG BREWERY Pitbull IPA (\$6, 330ml) \*\*\*\*

Josh was really taken with the bronzehued Pitbull. "A great in-your-face citrus and piney sweet nose that flows through to the palate. Its malt structure and bitterness is well balanced." Yvonne agreed, adding the bitterness bashed its way through to the finish.

















### BY THE GLASS

Daniel Le Brun makes history with a new sparkling wine, Three Boys Brewery has a surprise planned, and one of the world's top wine writers signs on for Pinot Noir NZ – YVONNE LORKIN rounds up the latest from the world of drinks.



#### **CHEERS TO CLOUDY BAY**

The party hats, cheerios, fairy bread and bunting will be out in force at Cloudy Bay this October 1, as the winery marks the 30th anniversary of the release of the iconic Cloudy Bay Marlborough sauvignon blanc. Long before the world equated us with hobbits, fast yachts, bungees, the All Blacks and Lorde, they were being wowed by the herbaceous, vibrant, grassy, passionfruity phenomenon that is Cloudy Bay sauvignon. To celebrate its 30-year pedigree, Cloudy Bay will release a limited range of rare back-vintage sauvignon blanc and pinot noir wines, hand-selected from its library by the current winemaking team. Find out more at www.cloudybay.co.nz



#### Méthode actor

New Zealand's Grand Poobah of bubbles, Daniel Le Brun, has crafted the country's first sparkling wine to be labelled as Méthode Marlborough, instead of the more generic Méthode Traditionelle. Named 'Assemblé' (ah-som-blay), it's a blend of 60 per cent pinot noir and 40 per cent chardonnay and carries Daniel's brand new No.1 Family Estate company logo. The Le Brun family is a foundation member of the Méthode Marlborough Society (an organisation set up to protect the quality and heritage of Marlborough's finest bubbles), and other members will soon be using the Méthode Marlborough brand on their labels too.

#### VINOPTIMA VA-VOOM!

If, like me, you've been pining for the next release of New Zealand's most famous gewürztraminer, then fret no more! This October, Nick Nobilo ONZM finally releases the Vinoptima Reserve 'Dēlicātum' 2010 (RRP\$75) – yes it's pricey, but it's unspeakably gorgeous to drink. www.vinoptima.co.nz



#### Bid you good day

The oldest and most prestigious wine auction in the Southern Hemisphere is almost upon us. Kicking off on November 14th is the 24th Annual Hawke's Bay Wine Auction, where 40 of the nation's most revered wine producers offer one-off, exclusive lots, (many in collaboration with artists, luxury accommodation providers and restaurants) to be auctioned for the benefit of Cranford Hospice Foundation Trust. There is no other event like it in New Zealand's wine calendar and there's much excitement to see wines from 2013 – the 'vintage of the century' – come up for grabs. You don't need to be there in person to get your hands on something rare and regal, just get a syndicate of friends together, visit www.hawkesbaywineauction.co.nz to see what's on offer, and get bidding!



#### Kawakawa chameleon

The team at Zeffer Cider Co has taken a gap in the market for dry ginger beer and turned it into a beverage with a kick. Using freshly fermented ginger root infused with the leaves of our own native kawakawa tree, Zeffer's first alcoholic ginger beer was born. More commonly used in traditional Maori medicine, the kawakawa adds a punch of herbaceous spice to the clean, tangy ginger beer. It's already attracted overseas interest. with the first batches sent to five international markets upon release last August. "It led to a busy few months in the cider room, but we're thrilled with the results and it's uniquely New Zealand," says head cider maker Jody Scott.



#### TWELVE DAYS OF CENTRAL

'Down to Earth', Central Otago's new 12-day wine celebration, promises a unique, interactive immersion in all things Otago from 24th October to 4th November. Thirty wineries will offer a range of hands-on activities, like seeing yeast lees hand-disgorged from bubbly bottles at Quartz Reef, or learning about biodynamics at Felton Road. See how wine is made at Remarkable Wines, or literally 'work for your lunch' at Misha's by shoot-thinning, bud-rubbing and removing laterals, before dining on local organic produce al fresco. Be guided by Domaine-Thomson as they taste their very own Central Otago (Lowburn) and Burgundy (Gevrey-Chambertin) wines, or heli to the top of Ben Cruachan mountain in Gibbston Valley to taste Brennan wines. See the full range of events and buy tickets at www.downtoearthwinecelebration.co.nz

# CELEBRITY ANNOUNCEMENT FOR PINOTPHILES

She gives wine cellar advice to the Queen, writes for the world's top wine reference guides, is one of the world's most respected wine commentators and now she's guest of honour at New Zealand's Pinot Noir conference in January 2017. Jancis Robinson OBE, MW was the first person outside the wine trade to pass the rigorous Master of Wine exams and has gone on to win countless international wine writing awards for her website, her weekly column in The Financial Times, her editorship of The Oxford Companion to Wine, The World Atlas of Wine and her heavyweight tome, Wine Grapes.

Held every four years in Wellington, Pinot Noir NZ is a three-day plunge into all things pinot for enthusiastic consumers and trade alike. Londonbased Jancis' visit should get the industry energised, says Pinot Noir NZ 2017 Chairman Ben Glover. "She's a dynamic injection, she's the most powerful woman in the wine world and she definitely adds 'X-factor' to what promises to be an amazing event." Register at www.pinotnz.co.nz



#### **CROWN LUXE**

New luxury brand Crown Range Cellar has launched its first collaboration with pinot guru Grant Taylor (Gibbston Valley, Valli Wines). The Signature Series Grant Taylor Gibbston Pinot Noir 2013 is one of the priciest local examples I've come across, at \$172.50. Crown Range Cellar has also announced a partnership with French winemaker Patrick Leon (Ch. Mouton Rothschild, Baron Phillipe de Rothschild and now winemaker for Lorgeril Chateau de Pennautier) to create a Signature Wine collection from the 2016 vintage. But if you can't wait for that to happen, you can employ Crown Range Cellars to create a bespoke wine from one of New Zealand's top regions just for you. See www.crownrangecellar.com for more details.

#### But wait, there's more!

Three Boys Brewery is having a birthday – it's ten years old this spring. To mark the occasion, brewer Dr Ralph Bungard will release a very special, but very secret beer – so watch this space.

In other celebratory news, Ralph's co-brewer, the gregarious Misty Weed, has had a beer named after her on the other side of the world! "I took some elusive New Zealand hops to Oregon on my last trip to celebrate my big Four-O, and gifted them to Plank Town Brewery where my party was being held. They were so excited to get their hands on the hops they brewed a special beer and I got an email saying they wanted to name it 'Misty Weed Golden Ale'. So honoured!"



#### What we're cooking in this issue of Dish

Background photo by Manja Wachsmuth. All props from The Props Department (www.thepropsdepartment.co.nz).





#### Rack of Lamb with Crushed Broad Bean and Basil Salsa

Lamb and basil are perfect partners, along with the earthy flavour of broad beans and a garlicky mustard dressing.

2 × 8 cutlet racks of lamb

olive oil

sea salt and ground pepper

Broad bean salsa 1/2 cup packed basil leaves

3 tablespoons olive oil

1 tablespoon lemon juice

1 teaspoon honey

1 teaspoon Dijon mustard

2 cloves garlic, crushed

2 cups broad beans, blanched and peeled

To serve extra basil

lemon wedges

Cut the racks into individual chops between the bones. Season with salt and pepper.

Heat a little olive oil in a sauté pan and cook the cutlets for 2-3 minutes each side or until done to your liking.

Salsa: Put all the ingredients except the broad beans in a food processor and process until finely chopped and bright green.

Put the broad beans in a shallow bowl and crush half of them with a fork. Add the basil mixture and combine.

To serve: Place the cutlets on a serving plate and top with some of the salsa, serving the rest separately. Garnish with extra basil if desired and lemon wedges. Serves 4

### Roasted Chicken Breast with Asparagus and Anchovy Walnut Cream

I like to serve the anchovy walnut cream as a dipping sauce on an antipasto platter too, and it also goes beautifully with beef and lamb. Use good quality New Zealand walnuts for the best flavour.

4 skin-on chicken breasts

olive oil

sea salt and ground pepper

1 lemon, thinly sliced

8 slices pancetta

2 bunches asparagus, blanched

Anchovy walnut cream 1/2 cup purchased mayonnaise

4 anchovies, chopped

1 clove garlic, crushed

1/4 cup walnut pieces, roasted

1 teaspoon finely grated orange zest

2 tablespoons orange juice

Preheat the oven to 200°C fan bake.

Rub the chicken with olive oil and season well. Place on a lightly greased oven tray and put two slices of lemon on each breast.

Roast for 25–30 minutes or until cooked through, adding the pancetta for the last few minutes to cook until crisp. Rest the chicken for 5 minutes.

Anchovy cream: Place all the ingredients in a food processor and process until smooth. Season.

To serve: Divide the anchovy cream between plates and arrange the asparagus over the top. Slice the chicken and place alongside, then crumble over the pancetta. Drizzle over any resting juices. Serves 4



#### White Pizza with Asparagus and **Green Olives**

Not a tomato in sight! Slim asparagus and milky bocconcini combine with crisp green olives in this white pizza. Top with shaved fennel and rocket for another serving alternative.

1 recipe pizza dough (see below) or 1 purchased 30cm pizza base 125 grams bocconcini in whey, drained and ripped into pieces

4 tablespoons mascarpone

½ cup freshly grated Parmesan

2 cloves garlic, crushed

olive oil

½ small red onion, thinly sliced

sea salt and ground pepper

8 spears asparagus, halved lengthways

To serve

10 large pitted

handful baby spinach leaves

green olives, halved

8 snow peas, blanched and thinly sliced

Preheat the oven to 220°C fan bake.

Place a baking tray in the oven and heat for 10 minutes.

Roll the dough out on a large piece of baking paper to a 30cm circle.

Combine the mascarpone and garlic and spread over the base.

Top with the red onion, asparagus, olives and ripped bocconcini.

Scatter with the Parmesan then drizzle with olive oil and season with salt and pepper.

Bake for 10 minutes or until puffed and golden. Top with the spinach and snowpeas and serve immediately. Makes 1 pizza

#### Pizza Dough

1 cup plain flour

½ cup lukewarm water

3/4 teaspoon instant

1 tablespoon milk

dried yeast

2 teaspoons olive oil

½ teaspoon sea salt

Combine the flour, yeast and salt in a large bowl and make a well in the centre.

Combine the wet ingredients in a jug and mix into the flour to make a soft but not sticky dough. Add a little more water if needed as the dryness of flour can vary enormously.

Turn onto a lightly floured bench and knead for 5 minutes until smooth and elastic.

Place in a large, lightly oiled bowl and turn the dough to coat it lightly in the oil. Cover with plastic wrap. Set aside in a draught-free place for 1½-2 hours to double in size.

When the dough has risen, remove from the bowl and place on baking paper and roll out or flatten with your fingers to the desired shape.







### Hot Smoked Salmon, Spinach and Tarragon Pie

A great pie to take on a picnic, and as it doesn't have pastry there's no chance of a soggy bottom. Smoked fish also works beautifully in place of the salmon.

1/3 cup quinoa, rinsed 1/4 teaspoon chilli flakes in a fine sieve 2 cups packed baby spinach 3/4 cup water leaves, thinly sliced 6 eggs 180 grams hot smoked salmon or regular ½ cup cream smoked salmon 250 grams ricotta 2 small zucchini, ½ cup grated thinly sliced Cheddar cheese 2 tablespoons pine 1 teaspoon dried tarragon nuts, optional 1 teaspoon ground cumin 20cm fixed base cake tin, 2 tablespoons capers, greased and base lined with roughly chopped baking paper

Preheat the oven to 180°C fan bake.

2 cloves garlic, crushed

Put the quinoa and water in a small saucepan. Bring to the boil then simmer for 12 minutes, stirring occasionally or until all the water has been absorbed. Cool.

Whisk the eggs, cream and ricotta in a large bowl and season generously. Add the cheese, tarragon, cumin, capers, garlic, chilli, spinach and the cooled quinoa and combine well.

Pour into the tin. Break the salmon into pieces and place on top. Arrange the zucchini slices decoratively over the filling, scatter with the pine nuts and season with ground pepper.

Bake for about 30 minutes or until the filling is set completely in the centre and the tart is puffed and golden.

Carefully run a knife around the inside of the tin while the tart is still hot then leave to cool in the tin for at least 30 minutes. Place a plate on top and invert the plate and tin together. Remove the baking paper and place the tart on a serving plate. Serve warm or at room temperature. Serves 6–8

#### Shaved Asparagus and Chickpea Salad with Soft Eggs

A bright, fresh salad combining raw and cooked vegetables, served with softly boiled eggs and thick tart yoghurt.

1 × 400 gram chickpeas, drained and rinsed	4 eggs, softly boiled and peeled
3 tablespoons olive oil	12 medium asparagus, woody
1 tablespoon lemon juice	ends snapped off
2 cloves garlic, crushed	1 cup edamame beans
⅓ cup tamari roasted	100 grams snow peas
almonds, roughly chopped	1 cup broad beans
sea salt and ground pepper	2 spring onions, thinly sliced
thick plain yoghurt to serve	2 medium zucchini, thinly sliced

Cut off the tips of the asparagus, leaving 1cm of stalk attached. Set the spears aside.

Cook the edamame beans in boiling water until just tender, adding the snow peas, asparagus tips and broad beans for the last 2 minutes of cooking. Drain and refresh in cold water.

Slice the snow peas in half lengthways and peel the broad beans.

Put the chickpeas and all the vegetables, except the asparagus spears, in a large bowl.

Whisk the olive oil, lemon juice and garlic together and season.

Pour ¾ of the dressing over the vegetables and gently toss together.

Transfer to a large platter. Shave the asparagus spears with a vegetable peeler and place on one end of the platter then drizzle with the remaining dressing.

Break the eggs in half and nestle into the salad then scatter over the almonds.

Serve with a bowl of yoghurt drizzled with olive oil, pepper and a pinch of paprika. Serves 6

**PANTRY NOTE:** Tamari roasted almonds get their flavour from the rich Japanese soy sauce, tamari. Available in the loose bins at supermarkets.



# Filo Pastry, Haloumi and Spring Vegetable Tarts

These can be made as six individual tarts, but I love the look of a whole tray. You can use other vegetables and also top each one with a stem-on cherry tomato before cooking.

150 grams cream cheese, at room temperature

1 teaspoon ground cumin

2 cloves garlic, crushed

250 grams cottage cheese or ricotta cheese

2 × #7 eggs (large)

3 tablespoons purchased basil pesto

3 medium zucchini, thinly sliced 6 spears asparagus, sliced on the diagonal

80 grams haloumi cheese sea salt and ground pepper

6 sheets filo pastry olive oil spray

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28cm × 18cm metal baking dish, greased and lined fully with baking paper

Preheat the oven to 160°C fan bake.

Beat the cream cheese, cumin and garlic until light and airy. Season with salt and pepper then beat in the cottage cheese, eggs and pesto. *The mixture will not be smooth.* Set aside.

Spray one sheet of filo with oil then place another sheet on top. Repeat spraying and layering with the remaining 4 sheets. Cut into 6 even rectangles. Fold in a 2cm border around each rectangle then place in the tin, unfolding the sides and nestling them into the tin, side by side. Spoon the cheese mixture into the tarts.

Top with the zucchini and asparagus then grate the haloumi over the top of each one, along with a grind of pepper.

Bake for 25-30 minutes until the pastry is golden and the filling is set. Serve hot or warm. Makes 6 tarts

PROPS: Rack of Lamb with Crushed Broad Bean and Basil Salsa: Board and glass from Nest (www.nest-direct.co.nz). Monmouth glass and carafe from Tessuti (shop,tessuti,co,nz), Coaster from Superette (www.superette.co,nz), Background; Salt dish from Japanese Lifestyle (www.japaneselifestyle.co.nz). Fabric from The Props Department (www.thepropsdepartment.co.nz). White Pizza with Asparagus and Green Olives: Pizza slice from the Props Department. Board from Collect Living (www.collectliving.co.nz). Glasses from Madder & Rouge (www.madderandrouge.co.nz). Jug from Country Road (www.countryroad.com.au). Roasted Chicken Breast with Asparagus and Anchovy Walnut Cream: Dinner plate from Houston Design Co (www.houstondesignco.bigcartel.com). Plate from Nest. Shaved Asparagus, Chickpea and Avocado Salad with Soft Eggs: Salt and pepper and glass from Indie Home (www.indiehomecollective.com). Placemat from Everyday Needs (www.everyday-needs.com). Servers from Country Road. Bowl from Simon James Concept Store (store.simonjamesdesign.com). Platter from Collect Living. Hot Smoked Salmon, Spinach and Tarragon Pie: Plate from Country Road. Side plates from Houston Design Co. Monmouth glasses from Tessuti. Salt dish from Japanese Lifestyle. Salt spoon from Indie Home Collective. All other props from The Props Department. Filo Pastry, Haloumi and Spring Vegetable Tarts: Dish from Flotsam & Jetsam (www.flotsamandietsam.co.nz). Salad plate from Madder & Rouge. Monmouth glass from Tessuti. Pepper shaker from Shut The Front Door (www.shutthefrontdoor.co.nz), Plates by Eric Bonham from Douglas & Bec (www.douglasandbec.com). All other props from The Props Department. Spring Vegetables with Green Curry Broth: Board and oval bowl from Indie Home Collective, Flat dish from The Poi Room (www.thepoiroom.co.nz). Front bowl from Japanese Lifestyle. All uncredited props stylist's own. Meat from Neat Meat (www.neatmeat.com). Fresh produce from Farro Fresh (www.farrofresh.co.nz).



# Spring Vegetables with Green Curry Broth

Packed with vegetables and served with a light spicy broth, add whatever is fresh and best on the day – green beans, fennel, spinach, leeks and snow peas all work well.

1 tablespoon olive oil

1 red onion, thinly sliced

300 grams waxy potatoes, diced 1cm pieces

1 tablespoon Thai green curry paste

31/2 cups water

½ cup coconut cream plus extra for serving

3/4 cup peas, frozen or fresh

2 medium zucchini, sliced 1cm

½ cup edamame beans

2 large leaves silverbeet, stems removed, leaves shredded

1 bunch slim asparagus, cut 3cm lengths

2 cups broad beans, blanched and peeled

small handful watercress or coriander, chopped

sea salt and ground pepper

Heat the oil in a large saucepan and add the onion and potatoes with a good pinch of salt. Cover and cook for 5 minutes, stirring frequently.

Add the curry paste and cook for 1 minute then add the water and coconut cream. Season and bring to the boil then simmer until the potatoes are tender.

Add the peas, zucchini, edamame beans, and silverbeet and cook for 5 minutes. Add the asparagus and broad beans and heat through.

To serve: Ladle into bowls and top with a drizzle of coconut cream and the watercress or coriander. Serves 4



Adding extra deliciousness, fantastic flavour & a sprinkling of fun to kiwi favourites.

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# Let the sunshine in

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For a zingy citrus lift, simply slice finely and add to your favourite Middle Eastern, Mediterranean and North African dishes.



AVAILABLE FROM supermarkets and specialty food stores in 400g and 200g jars FOR MORE INFO www.limes.co.nz

# cAND TO DRINK...

Wine editor Yvonne Lorkin suggests drinks matches for these dishes



# RACK OF LAMB WITH CRUSHED BROAD BEAN AND BASIL SALSA

Strictly speaking, I wouldn't normally recommend a white wine with lamb, but this time I'm bending the rules because this salsa is the stuff of dreams when sipped with the lime-laden. herbaceous, tangy and taut Hãhã Marlborough Sauvignon Blanc 2014 (\$16). The wine has enough depth enough to carry the lamb too. To order visit www.advintage.co.nz

# ROASTED CHICKEN BREAST WITH ASPARAGUS AND **ANCHOVY WALNUT CREAM**

I love this recipe so much. Have a bottle of Paddy Borthwick Wairarapa Pinot Gris 2014 (\$26) on hand because the juicy quince, apple strudel and spicy pear notes just rock with the salty pancetta and rich anchovy cream. To order visit www.martinboroughwinemerchants.com

# WHITE PIZZA WITH ASPARAGUS AND GREEN OLIVES

Sauvignon blanc is a sure-fire success with the flavours and textures of this spring pizza, so grab a bottle of the unbelievably good value-for-money Mount Vernon Marlborough Sauvignon Blanc 2015 (\$15). Made by the talented team at Lawsons Dry Hills, it's a snappy burst of citrus, green capsicum and passionfruit. To order visit www.blackmarket.co.nz

## HOT SMOKED SALMON, SPINACH AND TARRAGON PIE

Hot smoked salmon is one of my favourite foods and I love pairing it in any shape or form with good chardonnay. This pie deserves something extra special, which is why I've chosen the Matawhero Church House Barrel Fermented Gisborne Chardonnay 2013 (\$26). It's ultra-concentrated and tropical, with layers of smoky oak and creamy complexity. To order visit www.matawhero.co.nz

# SHAVED ASPARAGUS, CHICKPEA AND AVOCADO SALAD WITH SOFT EGGS

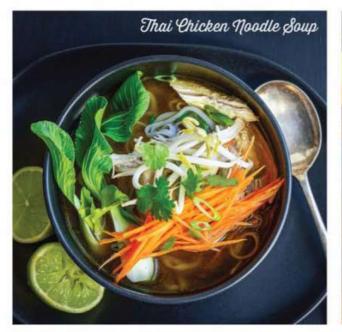
The last thing you want to do with this beautifully pure, green, crunchy salad is to overwhelm its delicate flavours. I'd go for the clean, flinty, white pepper and peach notes in the Greenhough Hope Vineyard Pinot Blanc 2013 (\$32) from Nelson. Deliciously dry. To order visit www.greenhough.co.nz

# FILO PASTRY, HALOUMI AND SPRING VEGETABLE TARTS

Pair the subtle nutty saltiness of the haloumi and hints of spice with the tangy richness of the apple and nashi-driven Omaka Springs Marlborough Pinot Gris 2014 (\$17). It's packed with flavour and provides the perfect foil for the delicate green veggies in these tarts. To order visit www.omaka.co.nz

# SPRING VEGETABLES WITH GREEN CURRY BROTH

Do your best to get your mitts on a bottle of Mills Reef Reserve Gewürztraminer 2013 (\$24) to sip with this dish. With lashings of ginger, exotic spices, peach and lychee-laden loveliness, it's a ridiculously good match for this creamy curry. To order visit www.millsreef.co.nz











# Dinner made easy.

Simon Gault created his Home Cuisine range with busy people in mind. A range of Executive Chef Strength Stocks and Seasonings that make magical flavours easy. So when you're seeking some inspiration for that dreaded question –what's for dinner? – you'll find the answer at www.simongault.com







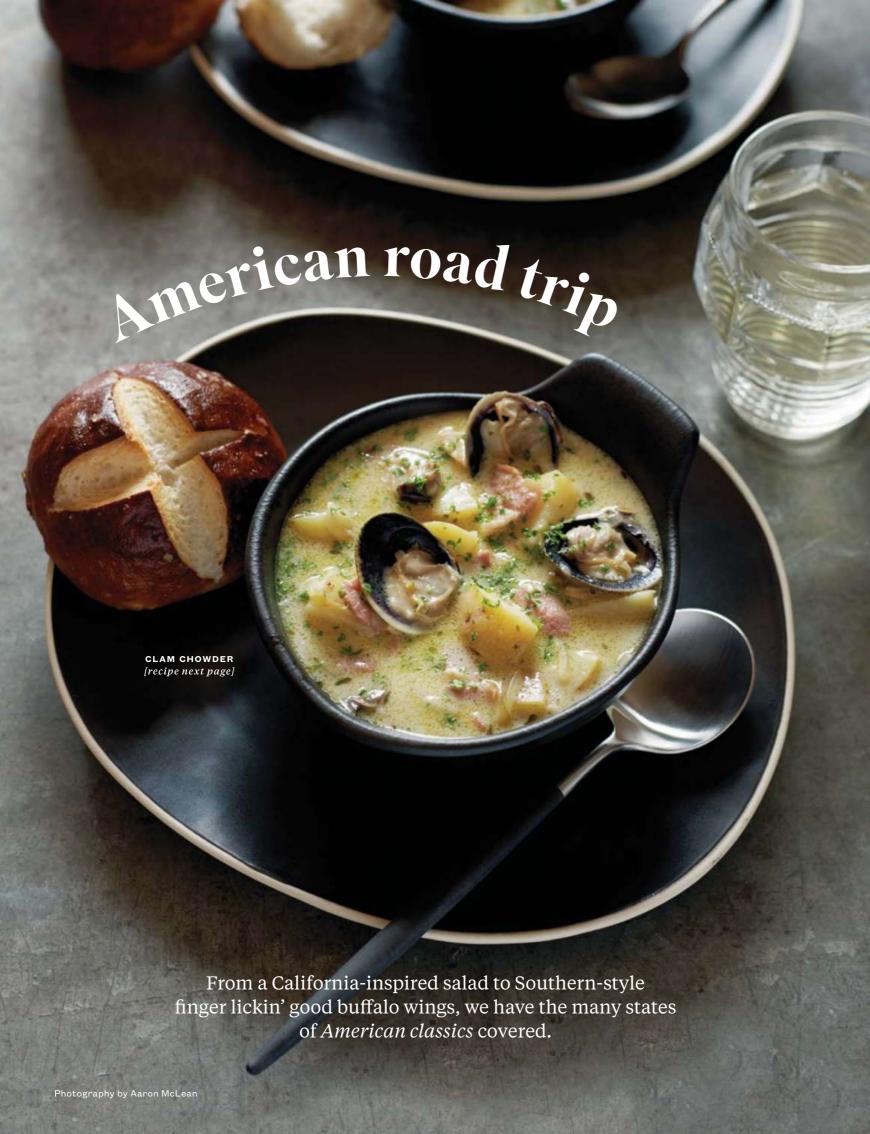














# Clam Chowder

Channel New England with this rich, creamy chowder. The briny juices of the clams pair beautifully with salty bacon and tender chunks of potato.

1 kilogram clams 2 tablespoons plain flour 1/2 cup white wine 3 cups chicken or vegetable stock 2 tablespoons olive oil 400 grams waxy potatoes, 1 onion, thinly sliced peeled and diced 150 grams streaky bacon, ½ cup cream roughly chopped 2 tablespoons 2 cloves garlic, crushed chopped parsley 1 tablespoon thyme leaves sea salt and

Put the clams and wine in a large saucepan over a high heat and cover.

ground pepper

1 bay leaf

Remove the clams as they open and place in a bowl. Strain the cooking liquid through a muslin-lined sieve to remove any grit. Set aside. You should have about 1 cup of liquid.

Rinse and dry the saucepan and add the olive oil, onion, bacon, garlic, thyme and bay leaf. Cook until the onions are soft. Sprinkle over the flour, stir everything together and cook for 1 minute. Season with salt and pepper.

Gradually stir in the reserved clam cooking liquid and the stock. Add the potatoes and simmer until tender.

To serve: Remove the clam meat from most of the shells, leaving a few intact for garnish.

Stir in the cream and clam meat and bring to the boil. Add the parsley then ladle into bowls and top with the reserved clams. Serves 4

# **Pulled Pork**

This succulent pork can be used in a variety of dishes. Pack it into Asian steamed buns with a slick of hoisin sauce or place on warm tortillas with shredded salad and roll up.

2 kilogram piece skin-on pork shoulder (sometimes called pork butt)

1/4 teaspoon ground cloves sea salt and ground pepper

1 teaspoon smoked paprika

1 teaspoon dry mustard powder

To serve apple and broad bean salsa (recipe below)

Preheat the oven to 140°C fan bake.

Combine all the dry ingredients and rub over the flesh side of the pork.

Rub the skin with a little olive oil then sprinkle generously with salt.

Pour ½cm of water into a roasting dish and add the pork, skin side up.

Roast for about 6 hours, or until the meat is very tender when pierced with a skewer. Cooking time will depend on the thickness of the pork.

Preheat the grill to its highest setting.

Put the pork under the grill until the skin is crackled and golden, taking care it doesn't catch and burn.

To serve: Transfer to a serving plate and serve with the cooking juices and the apple and broad bean salsa. Serves 8

# Apple and Broad Bean Salsa

Like spring in a bowl, this salsa is also lovely with lamb and chicken.

<b>Dressing</b> ¼ cup olive oil	salt and ground pepper  To serve	
2 cloves garlic, crushed 2 tablespoons each orange	2 cups frozen broad beans, blanched and peeled	
juice and lime juice	1 green apple, julienned	
½ teaspoon dried oregano	1 tablespoon capers, roughly chopped	
½ teaspoon ground cumin		
1 teaspoon Dijon mustard	2 tablespoons chopped parsley	

Dressing: Whisk all the ingredients together in a large bowl and season.

To serve: Add all the ingredients to the dressing and gently combine.

# **Chicken Meatball Subs**

Tender chicken meatballs in tomato sauce are nestled into soft rolls then topped with zingy pesto and melting mozzarella – perfect weekend food.

	Tomato saud		
	3 tablespoons olive oi		
	2 cloves garlic, crushed		
0	teaspoons dried oregan		

2 × 400 gram tins crushed Italian tomatoes

pinch chilli flakes

# Meatballs

500 grams coarse textured chicken sausages, skins removed

1 cup fresh white breadcrumbs

1/3 cup milk

finely grated zest 1 lemon

1 teaspoon dried oregano

2 cloves garlic, crushed

sea salt and ground pepper

### To assemble

8 bread rolls

2 balls fresh mozzarella in whey, drained and sliced

1/3 cup purchased basil pesto

Preheat the oven to 180°C fan bake.

**Tomato sauce:** Place all the ingredients in a saucepan and bring to the boil. Reduce the heat and simmer for 15 minutes until reduced and thick.

**Meatballs:** Combine the breadcrumbs and milk in a large bowl and leave for 5 minutes.

Add all the remaining ingredients, season and mix until well combined.

Using a tablespoon, roughly divide the mixture into 16 meatballs and place them on a lined baking tray. Roast for 15-20 minutes until cooked through.

**To assemble:** Slice the top third off the rolls and pull out half of the soft bread so the meatballs can nestle inside. *Keep the soft bread for breadcrumbs.* 

Place the rolls on a baking tray and bake in the oven for 5 minutes to crisp lightly. Put a couple of spoonfuls of tomato sauce into each roll. Cut the meatballs in half and place 4 halves on top of each roll.

Put a teaspoon of pesto onto each meatball then top with mozzarella.

Place in the oven for a few minutes to melt the mozzarella. Serve immediately. **Makes 8** 

# **Dry Rubbed Beef Short Ribs**

While the cooking time is long, there is very little to do except wait for them to emerge meltingly tender from the oven.

Give them a final brush with the glaze and tuck in!

4-bone rack, beef short ribs

Ruk

1 tablespoon smoked paprika

1 tablespoon paprika

1 tablespoon brown sugar

1 tablespoon dry English mustard

2 teaspoons each ground cumin and coriander

1 teaspoon sea salt

1/4-1/2 teaspoon chilli powder

To serve

½ cup apple cider vinegar

2 tablespoons brown sugar

1 tablespoon yellow American mustard

Preheat the oven to 130°C fan bake.

Rub: Combine all the ingredients in a bowl.

Cut the ribs into four single pieces then rub the spice mix all over every side of the meat.

You can cover and refrigerate the meat for up to 24 hours at this point, but bring back to room temperature before cooking.

Line a baking dish with foil, bringing it up the sides. Put  $\frac{1}{2}$  cup of water in the base then add the ribs, meat side down.

Cover tightly with foil and braise for 4–5 hours, by which time the meat should be very tender and falling off the bone. Cooking time will depend on the thickness of the ribs.

The ribs can be cooled in the baking dish at this point then covered and refrigerated for 2 days. To reheat, lift off all the congealed fat then cover tightly with foil. Place in a 180°C oven and cook until hot.

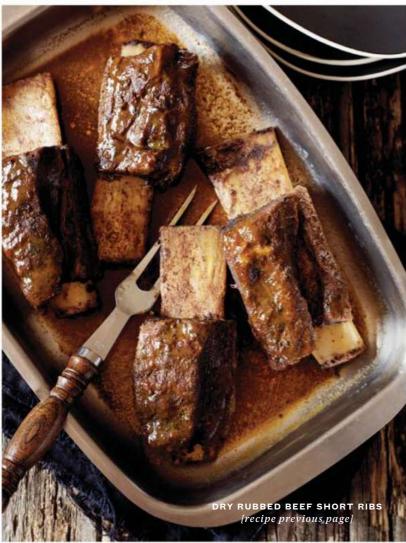
**To serve:** Put the vinegar, sugar and mustard in a small saucepan and boil for about 3 minutes until reduced to a glaze.

Place the ribs on a serving platter and brush generously with the glaze. **Serves 4** 











# **Buffalo Wings**

Baked wings doused in a hot and spicy sauce go perfectly with blue cheese dip and fresh, crunchy sticks of celery. I don't use oil on the wings, as they have enough natural fat.

12 chicken wings sea salt and ground pepper

⅓ cup hot sauce2 tablespoons maple

syrup or honey

Hot pepper sauce 90 grams butter

1 tablespoon lime or lemon juice

Preheat the oven to 200°C fan bake.

Cut the wings through the natural joint into two pieces.

Place them in a single layer on a lined baking tray and season with salt and pepper.

Roast for 40 minutes until golden and cooked through, turning once during cooking.

Hot sauce: Melt the butter, hot sauce and maple syrup in a saucepan then stir in the lime juice. Set aside. If making ahead, reheat to serve as the butter will solidify.

To serve: Add the hot chicken wings to the hot pepper sauce and turn gently so they are all well coated. Serve with the following blue cheese dipping sauce and celery sticks if desired. Serves about 4 depending on appetites!

**COOK'S TIP:** Depending on what's in my fridge, I've used a smoked chilli hot sauce, Sriracha or a chipotle sauce – they all work beautifully.

# Blue Cheese Dipping Sauce

This is also great served as a dip with a platter of crunchy vegetables.

80 grams soft blue cheese 2 tablespoons lemon juice

⅓ cup sour cream⅓ cup mayonnaise

1 clove garlic, crushed

sea salt and ground pepper

1 teaspoon

To assemble paprika, to sprinkle

Worcestershire sauce

Mash all the ingredients together in a bowl and season, or for a smooth sauce, blend everything in a food processor. Sprinkle with paprika before serving if desired. Makes 1 cup

# Peanut Butter Cookie Sandwiches

Melt-in-the-mouth cookies are sandwiched with a smoked chilli peanut butter cream. Perfect with a cup of coffee!

125 grams butter at room temperature

½ cup icing sugar

1 teaspoon vanilla extract

<sup>2</sup>/<sub>3</sub> cup plain flour

½ cup roasted peanuts, finely ground

1/4 teaspoon sea salt

1½ tablespoons rice flour

11/2 tablespoons cornflour

1/4 cup roasted peanuts, roughly chopped

### To assemble

whipped peanut butter cream (recipe below)

Preheat the oven to 170°C fan bake.

Beat the butter, icing sugar and vanilla until pale and creamy.

Combine all the remaining ingredients, except the roughly chopped peanuts, and beat into the butter mixture.

Roll teaspoons of the mixture into balls and place on a lined baking tray, leaving a little space between them for spreading.

Gently press down with a fork to flatten into ½cm thick circles. Sprinkle with the chopped peanuts, pressing them into the dough gently.

Chill for 15 minutes to firm up.

Bake for about 12 minutes until lightly golden. Leave on the tray for 5 minutes then transfer to a cooling rack. The unfilled biscuits will keep for 3 days in an airtight container and the filled biscuits are best eaten on the day of filling. Makes 16 single cookies

# Whipped Peanut Butter Cream

½ cup peanut butter, chunky or smooth (I used Fix & Fogg brand) 3 tablespoons butter

1½ cups icing sugar

3 tablespoons milk

Beat all the ingredients together until light and airy. Transfer the filling to a piping bag and pipe onto half of the biscuits or simply spread with a knife. Top with the remaining biscuits. Makes 8 double cookies

**COOK'S TIP:** I used Fix & Fogg's Smoke & Fire chunky peanut butter to add a lovely smoked chilli hit to the filling. If using regular peanut butter, add a pinch of cayenne pepper if desired.



# Market Salad with Green Goddess Dressing

Starting with the base of cooked brown rice and the gorgeous dressing, I then use whichever vegetables are fresh and best on the day. You could also add softly boiled eggs or slices of prosciutto to make a larger meal.

### Salad

1 cup long brown rice, rinsed and drained

olive oil

1 × 400 gram tin chickpeas, drained and rinsed

> 1 tablespoon Moroccan spice mix

> 300 grams broccolini, blanched

> > 1/4 cup pistachios, roughly chopped

assortment of any of the following vegetables: radishes, fennel, zucchini, cucumber, carrots, snow peas, tomatoes

# Green goddess dressing

⅓ cup thick plain yoghurt

1/3 cup sour cream

flesh 1 avocado

1/4 cup packed basil leaves

3/4 teaspoon dried tarragon

2 cloves garlic, crushed

½ teaspoon ground cumin

2 tablespoons olive oil

1 tablespoon lemon juice

sea salt and ground pepper

Cook the brown rice in boiling salted water for about 40 minutes or until cooked. The rice should still have  $\alpha$  chewy texture. Drain well and set aside to cool.

Heat a little olive oil in a sauté pan and add the chickpeas. Cook over a high heat, tossing frequently until golden. Sprinkle over the spice mix and a pinch of sea salt and cook for another couple of minutes, tossing constantly. Set aside.

Dressing: Place all the ingredients in a food processor and process until smooth. Season with salt and pepper.

To serve: Spread half of the dressing on one side of a platter. Spoon the rice over the other half and drizzle with a little olive oil, salt and pepper.

Arrange all the vegetables over the top then scatter over the chickpeas and pistachios. Drizzle everything with olive oil, salt and pepper. Serves 4–6 depending on how many vegetables you use.

**PANTRY NOTE:** *Moroccan spice mix* can be found in the spice section at supermarkets and good food stores.

# Fish Tacos with Pico de Gallo

Juicy fish, spicy salsa and creamy avocado are wrapped up in soft, warm tortillas. I leave the seeds in the chilli for extra heat, but you can remove them for a milder flavour.

500 grams firm white fish

juice 1 lime

sea salt and ground pepper

olive oil

# Pico de Gallo

2 medium ripe tomatoes, diced

1 very small red onion, finely chopped

1 green chilli, finely chopped

good handful coriander, finely chopped

2 tablespoons lime juice

1 tablespoon olive oil

sea salt and ground pepper

### To assemble

8 medium soft tacos, warmed

purchased mayonnaise

1 iceberg lettuce, shredded

2 avocados, sliced

Cut the fish into bite-sized pieces and place in a dish.

Toss with the lime juice and season. Set aside for 10 minutes.

Heat a little olive oil in a sauté pan and cook the fish.

Pico de Gallo: Combine all the ingredients in a bowl and season.

To assemble: Spread each taco with mayonnaise then fill with lettuce, avocado and fish. Spoon over the pico de gallo and serve immediately. Makes 8

# Reuben Sandwiches

A quick fix lunch or snack, the Reuben is the perfect balance of dense bread, tart sauerkraut, melting cheese and tender pastrami.

8 slices rye bread or sourdough bread

butter for spreading

American mustard

200 grams Gruyère cheese, thinly sliced

1 cup sauerkraut – white or red cabbage, well drained

300 grams pastrami

8 gherkins

Preheat the oven to 180°C fan bake.

Butter one side of each slice of bread. Spread the unbuttered sides generously with mustard. Top the mustard side of four slices of the bread with half the cheese.

Add all of the sauerkraut then the pastrami then the remaining cheese. Sandwich with the remaining bread, buttered side up.

Heat a sauté pan and cook the sandwiches in batches until lightly golden on each side. Transfer to a lined baking tray as they are done.

Place in the oven and bake until the filling is hot and the cheese is melting. Cut in half and serve with the gherkins. Serves 4



# Jambalaya

This Cajun-inspired one-pan recipe is a great combination of spicy sausage, juicy chicken and vegetables.

500 grams boneless, skin-off chicken thighs

200 grams raw chorizo sausages, skins removed

2 tablespoons olive oil

1 onion, thinly sliced

2 stalks celery, thinly sliced

1 green capsicum, diced

2 cloves garlic, crushed

1 tablespoon Cajun spice mix

1 bay leaf

 $1 \times 400$  gram tin crushed tomatoes

1 cup long grain rice

3½ cups chicken stock

300 grams raw peeled prawns

2 tablespoons chopped parsley

sea salt and ground pepper

Cut the chicken into large bite-sized pieces and break the sausages into 3cm pieces.

Heat the oil in a large sauté pan and when hot cook the chicken until golden. *It won't be fully cooked*. Transfer to a plate. Add the chorizo and cook until lightly golden then add to the chicken.

Add the onion, celery, capsicum and garlic to the pan and cook until soft and lightly golden, adding a splash of water if the pan is too dry.

Stir in the spice mix and bay leaf and cook for 1 minute.

Stir in the tomatoes, then the rice and stock along with the chicken and chorizo and any resting juices. Season and bring to the boil then reduce the heat to low. Cover and cook for about 25 minutes, stirring occasionally until the rice is tender. Add a little extra stock or water if needed as the jambalaya should be quite loose in texture, not dry.

Scatter over the parsley and serve immediately. Serves 6-8

**PANTRY NOTE:** Cajun spice mix is available in the spice section of food stores and some supermarkets.







# Mississippi Mud Pie

Definitely not your everyday dessert: three layers of chocolate deliciousness topped with a cloud of softly whipped cream. Best enjoyed with lots of friends for a special occasion! Make the components over 2–3 days for easy assembly when you need it.

В	а	s	e

75 grams butter, melted 150 grams Oreo biscuits

150 grams dark chocolate wheaten or digestive biscuits, roughly broken

# Filling

135 grams dark chocolate, roughly chopped (72% cocoa)

135 grams butter

3 × #7 eggs (large)

150 grams brown sugar

1 teaspoon vanilla extract 25 grams cocoa, sifted

150ml cream

Chocolate custard

2 tablespoons cocoa

6 tablespoons cornflour

pinch sea salt

5 large egg yolks

2 cups milk

½ cup cream

1 teaspoon vanilla extract

2 tablespoons butter

100 grams dark chocolate, finely chopped (72% cocoa)

### To serve

for garnish

½ cup cream, softly whipped grated dark chocolate

23cm springform cake tin

greased with tin spray and ½ cup caster sugar base lined with baking paper

Preheat the oven to 160°C fan bake.

Base: Place the biscuits in a food processor and process to fine crumbs. Add the butter and pulse to combine well. Tip into the tin and use the back of a teaspoon to press evenly over the base and 4cm up the sides of the tin. Make sure there isn't a thick edge where the base meets the sides of the tin. Chill the base while you make the filling.

Filling: Melt the chocolate and butter in a heatproof bowl set over a saucepan of simmering water. Don't let the base of the bowl touch the water. Remove from the heat and set aside.

Whisk the eggs, sugar and vanilla together for 5 minutes until very pale and light.

Fold in the chocolate mixture, cocoa and cream until well combined.

Spoon onto the biscuit base and smooth the top.

Bake for 35 minutes until just firm but still with a little wobble in the centre. Don't overbake. The cake will rise dramatically while cooking then deflate and crack as it cools. Remove from the oven and cool completely in the tin. Cake can be made 2 days ahead of serving.



Custard: Combine the sugar, cocoa, cornflour and salt in a medium saucepan. Whisk the egg yolks, milk, cream and vanilla in a bowl. Whisk about ½ a cup into the sugar mixture to make a thick, smooth paste then whisk in the remaining egg mixture.

Cook over a medium low heat, whisking constantly until the custard starts to thicken on the base of the saucepan. Don't let the custard boil or you'll have chocolate scrambled eggs. Immediately remove from the heat and continue to whisk for 1 minute, until very thick and glossy. Return to a low heat and cook, whisking constantly for 2 minutes or until very thick. Remove from the heat and stir in the butter and chocolate until melted. Press a piece of plastic wrap directly onto the surface to prevent a skin forming. Cool then refrigerate for several hours or up to 3 days.

Whisk the cold custard until smooth. Carefully spoon into the centre of the cake, spreading it evenly.

To serve: Carefully run a warm knife around the inside of the tin before releasing the sides. Transfer to a plate and spoon on the softly whipped cream then garnish with grated chocolate. Serves at least 12

COOK'S TIP: If you don't want to make the chocolate custard layer, serve the cake with a bowl of softly whipped cream and the following warm fudge sauce.

# **Fudge Sauce**

150 grams dark chocolate, roughly chopped (72% cocoa)

150 grams icing sugar

150ml cream

3 tablespoons golden syrup

1 teaspoon vanilla extract

Place all the ingredients in a saucepan and melt over a medium heat until the sauce is smooth and glossy. Cool until just warm.

# AND TO DRINK...

 ${\it Wine editor Yvonne Lorkin suggests drinks matches for these dishes}$ 



### **CLAM CHOWDER**

Chock full of green capsicum, basil, nettles, lime and cut grass characters, the Sam Hunt Marlborough Sauvignon Blanc 2014 (\$22) is hands-down the most delicious thing to drink with this chowder. Its palate is weighty enough to pair with the creamy texture of the soup too. To order visit www.lacantina.co.nz

### PULLED PORK WITH APPLE AND BROAD BEAN SALSA

No question with a wine match here – it's viognier all the way! There's something about the exotic orange blossom, spiced stonefruit and apricot kernel characters in the Byrne Northland Viognier 2014 (\$36) that is jaw-droppingly good with this dish. Seriously tasty. To order visit www.byrnewine.com

### **CHICKEN MEATBALL SUBS**

Cut through the creamy mozzarella and juicy, tender chicken meatballs with the lean, snappy herbaceous edge of the brand new Peckham's Hopped Cider (\$7.99, 500ml). This blend of Nelson hops and fresh, dry apple cider is complex and crunchy to drink, and a winner with these moreish subs. To order visit www.peckhams.co.nz

# DRY RUBBED BEEF SHORT RIBS

There's a powerload of flavour going on here – mustard, vinegar and loads of spice – so choose a flavoursome, cleansing beer with subtle bitterness and a spicy, citrus-driven finish like the Tuatara Copperhead Autumnal Red Rye Ale (\$7.99, 500ml). It provides smoothness and complexity to these rockin' ribs. To order visit www.glengarrywines.co.nz

# **BUFFALO WINGS WITH BLUE CHEESE DIPPING SAUCE**

The combination of hot sauce, sweet syrup and citrus on these wings cries out for the zesty, tangy new Zeffer Alcoholic Ginger Beer (\$6.99, 500ml). Brewed using fresh ginger root and native kawakawa leaves, this is a uniquely spicy, dry drink that works brilliantly with these flavours. To order visit www.finewinedelivery.co.nz

## MARKET SALAD WITH GREEN GODDESS DRESSING

At just 4% ABV, the Sunshine Brewery Tom Thumb Session IPA (\$7,500ml) is light enough to be the perfect partner for this crunchy, clean salad, but it's also a real firecracker in the hops department. Bold and bitter, with marathon length of flavour, it's the business. For stockists near you visit www.sunshinebrewery.co.nz

# FISH TACOS WITH PICO DE GALLO

Flesh out the classic citrus, coriander and chilli flavours of the Pico de Gallo with a tall glass of Hop Baron Motel Motueka Ale (\$7,500ml). One of their 'single hop' Motel series beers, it's a light straw hue and oozes lemon and grapefruit pith intensity on the nose followed by huge, smack-in-the-kisser bitterness. Terrific stuff with these tacos. To order visit www.beercellar.co.nz



### **REUBEN SANDWICHES**

Mustard, sauerkraut, pastrami, gherkins – there's loads of flavour intensity here, so smooth them over with the divinely sultry Kereru Old Red Oak Ale (\$8,500ml) which adds toffee, coffee and dried fig to the mix. It's an awesome combo. To order enquire at www.planetwine.co.nz

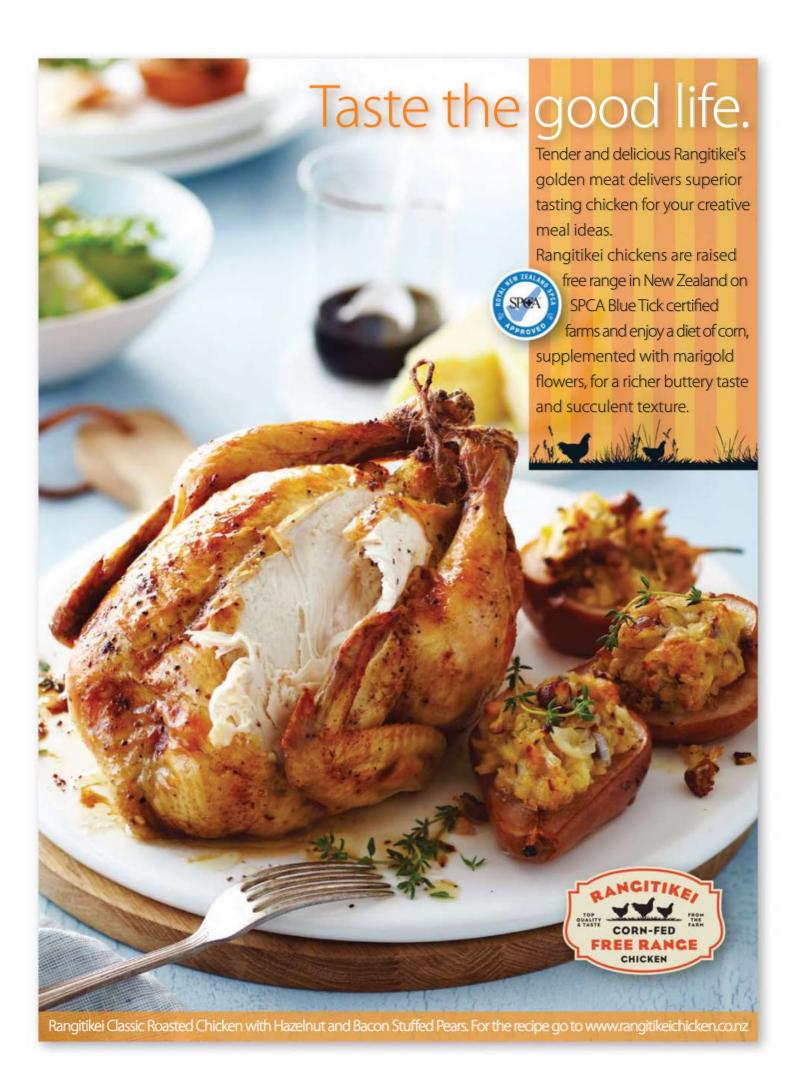
### **JAMBALAYA**

A super-fruity red wine is just what's required to frame the juicy chicken, hot chorizo and Cajun spices in this dish. Try the EI Burro Kickass Garnacha 2013 (\$16.95) because its bright cherry, blackberry and plush peppery characters have sweetness and spine enough to work it. To order visit www.regionalwines.co.nz

## MISSISSIPPI MUD PIE

If you've never experienced the salubriousness that is whisky liqueur matched with chocolate, then you haven't lived. Run out and buy a bottle of Glayva Whisky Liqueur (\$60), pour a wee snifter into a tumbler, then relish the honeyed, smoky spices with this outrageously decadent chocolate dessert. To order visit www.glengarrywines.co.nz

PROPS: Clam Chowder: Bowls from Nest (www.nest-direct.co.nz). Royce McGlashen plates from The Poi Room (www.thepoiroom.co.nz). Spoons from Collect Living (www.collectliving.co.nz). Glass from Seletti (www.selettiboutique.co). Pulled Pork: La Chumba platter from Tessuti (shop.tessuti.co.nz). Royce McGlashen plates from The Poi Room. Cutlery from Seletti. Scarf from Shut the Front Door (www.shutthefrontdoor.co.nz). All other props from The Props Department (www.thepropsdepartment.co.nz). Background: Container from Flotsam & Jetsam (www.flotsamandjetsam.co.nz). Cutlery from Seletti. Napkins from The Props Department. Jug and plate from Indie Home Collective (www.indiehomecollective.com). Cups from Freedom (www.freedomfurniture.co.nz). Chicken Meatball Subs: All from  $\label{thm:continuous} The \ \mathsf{Props} \ \mathsf{Department}. \ \textbf{Buffalo wings:} \ \mathsf{Rectangular} \ \mathsf{dish} \ \mathsf{from} \ \mathsf{Indie} \ \mathsf{Home} \ \mathsf{Collective}.$ Lodge bowl from Milly's (www.millyskitchen.co.nz). All other props from The Props Department. Peanut Butter Cookie Sandwiches: Plate from Indie Home Collective. Cup from Freedom. Sugar bowl from Flotsam & Jetsam. All other props from The Props Department. Dry Rubbed Beef Short Ribs: Royce McGlashen plates from The Poi Room. All other props from The Props Department. Market Salad with Green Goddess Dressing: Bowl and servers from Indie Home Collective. Bowl from Macy Home (www.macyhome.co.nz). Fish Tacos with Pico de Gallo: Slate board and small bowl from Macy Home. Bowl from Indie Home Collective. Jug and glasses from The Props Department. Jambalaya: Lodge pan from Milly's. Plates from Freedom.  $\hbox{Cutlery from Seletti. } \textbf{Reuben Sandwiches:} \ \hbox{All props from The Props Department.}$ Mississippi Mud Pie: Cake stand and jug from Flotsam & Jetsam. Plates from Freedom. Transmission cutlery and candlestick from Seletti. All other props from The Props Department. All uncredited props stylist's own. Meat from Neat Meat (www.neatmeat.com). Fresh produce from Farro Fresh (www.farrofresh.co.nz).





# Coconut, Passionfruit and Orange Syrup Cakes

One-bowl recipes are always popular and these easy, fragrant cakes are topped with a luscious passionfruit syrup to keep them even more moist.

Cake
1 cup rice bran oil
1 cup caster sugar
2 × #7 eggs (large)
1 cup thick plain yoghurt
finely grated zest and
juice 1 large orange

8-hole mini loaf tray lined with a strip of baking paper - bring it up the narrow ends of the tins

cooled passionfruit syrup

mascarpone to serve

pinch of salt

(recipe below)

To finish

Preheat the oven to 160°C fan bake.

1 cup desiccated coconut

2 teaspoons baking powder

Whisk the oil and sugar in a large bowl then whisk in the eggs until creamy. Stir in the yoghurt, orange zest and juice. Combine the flour, coconut, baking powder and salt and fold into the egg mixture until just mixed. Don't over-mix or the cakes will be heavy.

Pour into the tins and bake for about 25 minutes until risen and golden and a skewer inserted into the centre comes out clean.

Spoon half of the cooled syrup evenly over the hot cakes, letting each spoonful seep in before adding the next.

Cool completely in the tins. Serve with the remaining passionfruit syrup and a dollop of mascarpone. Makes 10

# Passionfruit Syrup

1/4 cup lemon juice
1/4 cup orange juice
1/2 cup water

1 cup caster sugar

½ cup passionfruit pulp (about 6 passionfruit)

Place all the ingredients in a saucepan and bring to the boil. Simmer gently for 15 minutes until reduced and syrupy. Cool. Syrup can be made several days ahead and stored in the refrigerator.

**COOK'S TIPS:** Tins: You can also use a  $12 \times \frac{1}{2}$  cup capacity muffin tin. Grease and line the bases with baking paper.

Syrup: The rule of thumb is to use hot syrup over a cold cake or a cold syrup over a hot cake. If using tins where the presentation side requires them to be turned out, use the hot syrup/cold cake method.

# Upside-Down Pear and Almond Cakes (gf)

Enjoy these caramelised pear, almond and orange cakes warm, and serve with lashings of thick yoghurt sprinkled with coconut sugar.

2-3 firm but ripe pears

2 tablespoons butter

2 tablespoons brown sugar

Batter

100 grams butter at room temperature

½ cup caster sugar

2 × #7 eggs (large)

1 teaspoon vanilla extract

100 grams ground almonds

1/2 cup desiccated coconut

⅓ cup plain gluten-free flour or regular flour

pinch salt

2 teaspoons baking powder

finely grated zest and juice 1 large orange

6 hole Texas muffin tin, greased and bases lined with a circle of baking paper

Preheat the oven to 160°C fan bake.

Pears: Cut the base off each pear then cut 1cm thick slices from each one. You may only need to use 2 pears if they're large, but you do need the slices to fit neatly into the base of each tin after cooking.

Melt the butter and sugar in a sauté pan and cook the pears until golden on both sides and just tender when pierced with a skewer. Place one slice in the base of each tin.

Batter: Beat the butter until light and pale then beat in the sugar and vanilla extract. Add the eggs one at a time and beat until light and pale.

Combine all the dry ingredients and gently beat into the butter mixture along with the orange zest and juice.

Divide the batter between the tins then smooth the tops.

Bake for about 25 minutes or until the cakes feel firm to the touch and a skewer inserted into the centre comes out clean

Place a cooling rack over the top and invert both the tin and the rack together. Leave for a couple of minutes then lift the tins off. Makes 6 cakes





# Chocolate Peppermint Thins (gf)

My perfect match: chocolate and peppermint!

# Biscuits

100 grams butter at room temperature

½ cup caster sugar

1/4 teaspoon peppermint extract or 1/2 teaspoon essence

1 large egg yolk

3/4 cup plain gluten-free flour

pinch salt

3 tablespoons cocoa

# Peppermint filling

1 egg white

2-3 cups icing sugar, sifted

1/4 teaspoon peppermint extract or 1 teaspoon essence, or more to taste

Preheat the oven to 160°C fan bake.

Biscuits: Beat the butter, sugar and peppermint extract together until pale and creamy.

Beat in the egg yolk. Sift over the combined flour, salt and cocoa and beat until well combined.

Divide into two portions. Flatten each one into a disc, wrap individually in plastic wrap then chill until firm.

Roll each piece of pastry out between two sheets of baking paper to 5mm thick.

Chill again if soft. Stamp out desired sized biscuits (mine are 5cm) then place on a lined baking tray. Re-roll the pastry scraps and stamp out more biscuits. Chill again until firm.

Bake for about 9 minutes, until they look dry on the surface. Transfer to a cooling rack.

Filling: Beat the egg white in a bowl until frothy then gradually beat in 2 cups of the icing sugar to make a soft paste.

Sprinkle the remaining icing sugar on the bench and tip out the paste. Knead in the icing sugar until the paste is smooth and silky and no longer sticky.

Roll large teaspoons of the paste into balls and place on half of the biscuits. Flatten with your fingertips to almost the same size as the biscuits. Place a second biscuit on top then press together gently to spread the paste right to the edges. Makes 20 filled biscuits depending on the size of the cutter used

**COOK'S TIP:** The biscuit dough is very soft and needs to be kept chilled. I work with one piece at a time and keep popping it back in the freezer for a few minutes each time it softens, otherwise it's too soft to stamp out.

Peppermint extract is very concentrated and you need a lot less than if using peppermint essence. Add it in tiny drops, otherwise it can be overpowering.





# Lemon Meringue and Hazelnut Biscuits

Top these buttery hazelnut biscuit bases with a good, tangy purchased lemon curd and a plume of glossy toasted meringue – delish!

### Biscuit bases

100 grams butter at room temperature

⅓ cup brown sugar

1 teaspoon vanilla extract

50 grams hazelnuts, very finely ground

1 cup plain flour

1/4 teaspoon sea salt

½ teaspoon ground nutmeg

### Meringue

3 × #7 egg whites (large)

½ teaspoon lemon juice

3/4 cup caster sugar

### To assemble

 $^{3}\!/_{\!4}$  cup very thick lemon curd

icing sugar to dust

Preheat the oven to 160°C fan bake.

Bases: Beat the butter, sugar and vanilla until very light and pale. Combine all the remaining ingredients and add to the butter mixture. Gently beat until it comes together. Tip onto the bench and divide into 14 even pieces.

Roll into balls then place on the baking tray and use your fingers to press each piece into a 6cm circle. Chill until the dough is very firm.

Bake for about 14 minutes or until a good golden colour. Cool completely before adding the topping.

Preheat the oven to 220°C fan bake.

Meringue: Beat the egg whites and lemon juice until frothy then gradually beat in the sugar until very thick and glossy.

To assemble: Place a spoonful of lemon curd in the centre of each biscuit. You can either pipe or spoon the meringue over the curd so it is covered completely. Flick the edges up with the tip of a knife.

Place on a lined flat baking tray and bake for 2-3 minutes until the meringue is golden, but watch closely as they can catch and burn quickly. Cool then dust with icing sugar to serve. Once the topping is added, the biscuits are best eaten the same day. Makes 14

PROPS: Coconut, Passionfruit and Orange Syrup Cakes: Jug from Houston Design (www.houstondesignco.bigcartel.com). Small plate from Factory Ceramics (www.factoryceramics.co.nz). Bowl from Citta (www.cittadesign.com). All other props from The Props Department (www.thepropsdepartment.co.nz). Upside-Down Pear and Almond Cakes (gf): Bowl and spoon from The Props Department. Chocolate Peppermint Thins (gf): Donna Hay cake stand from The Homestore (www.thehomestore.co.nz). Ricotta, Almond and Rhubarb Cake (gf): Marble board from Citta. All other props from The Props Department. Quick Raspberry Swirls with Vanilla Glaze: Rack from The Props Department. Citrus and Roasted Nut Cake (gf): Donna Hay cake plate from The Homestore. Lemon Meringue and Hazelnut Biscuits: Robert Gordon plate from The Homestore. Banoffee Loaf with Anzac Crumble: Jug from The Poi Room (www.thepoiroom.co.nz). Eric Bonnin Kam Tray from Douglas & Bec (www.douglasandbec.com). Baked Cinnamon Sugar Doughnuts: Sieve from The Props Department. All uncredited props stylist's own. Fresh produce from Farro Fresh (www.farrofresh.co.nz).

# Ricotta, Almond and Rhubarb Cake (gf)

This Italian-style dense, rich cake is perfect for a large gathering and keeps well for 2–3 days. I like to serve it with a raspberry coulis, but this is optional.

150 grams butter at room temperature

½ cup caster sugar

finely grated zest 1 orange and 1 lemon

1 teaspoon vanilla extract

6 × #7 eggs (large), separated

360 grams ground almonds

375 grams ricotta (I use Clevedon Valley Buffalo brand)

½ cup caster sugar

6 slim stalks fresh red rhubarb, sliced ½ cm pieces on the diagonal

3 tablespoons sliced almonds

### To serve

icing sugar, to dust

softly whipped cream

raspberry coulis (recipe below)

24cm spring form cake tin, greased and sides and base lined with baking paper

Preheat the oven to 160°C fan bake.

Beat the butter, first measure of caster sugar, both zests and the vanilla until pale and creamy. Beat in the egg yolks then the almonds. Add the ricotta and mix to combine. The mixture will be very thick.

Whisk the egg whites until soft peaks then beat in the second measure of sugar until thick and glossy.

Mix a large spoonful of the whites through the almond batter to loosen, then gently but thoroughly fold in the remaining egg whites in two lots.

Spoon half the batter into the tin and top with half the rhubarb.

Spoon over the remaining batter and smooth the top. Scatter over the remaining rhubarb then the sliced almonds.

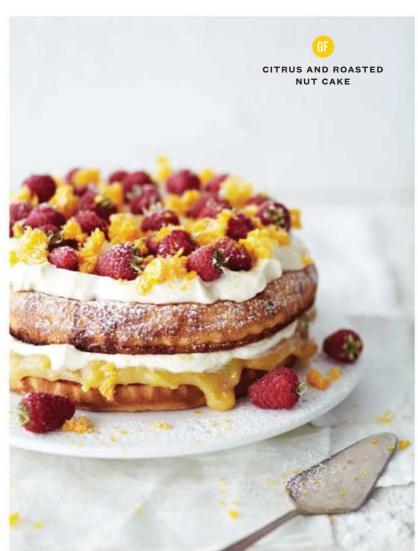
Bake for 1 hour and 25 minutes or until golden and firm and a skewer inserted into the centre comes out clean. Cover the top lightly with foil if the cake is getting too brown.

Cool the cake completely in the tin.

Serve dusted with icing sugar, softly whipped cream and the raspberry coulis if using. Makes 1 large cake

Coulis: Process 2 cups thawed, frozen raspberries with a spoonful of icing sugar and a good squeeze of lemon or lime juice. Press through a fine sieve and discard the seeds. Adjust the sugar and juice to taste.









# Quick Raspberry Swirls with Vanilla Glaze

A filling of tart juicy raspberries with a lick of berry jam is rolled up in an easy scone dough to make a finger-licking weekend treat. For optimum deliciousness, eat the swirls within a couple of hours of making.

# Dough

3 cups plain flour

4 tablespoons caster sugar

1 tablespoon baking powder

½ teaspoon sea salt

finely grated zest 1 lemon

11/4 cups milk

 $\frac{1}{4}$  cup melted butter, cooled

1 teaspoon vanilla extract

Filling

2 cups fresh or frozen raspberries (not thawed)

⅓ cup caster sugar

2 teaspoons cornflour

½ cup seedless berry jam

### Vanilla glaze

1 cup icing sugar, sifted

1/4 teaspoon vanilla extract

3-4 teaspoons milk

23cm × 34cm cake tin (or a roasting tin at least 5cm deep) greased and lined fully with baking paper – bring it right up the sides of the tin. Take care not to pierce the paper.

Preheat the oven to 190°C fan bake.

Filling: Combine the raspberries, sugar and cornflour in a bowl and set aside.

Dough: Combine all the dry ingredients and the zest in a large bowl.

Combine the milk, butter and vanilla and pour onto the dry ingredients. Mix with a fork to make a shaggy-looking dough. Tip onto a floured bench and gently bring the dough together. Roll out to a rectangle approximately 20cm × 40cm. Don't overwork the dough or the swirls will be tough.

Spread the jam over the dough. Give the raspberries a stir then sprinkle evenly over the jam, along with any sugary bits left in the bowl. Press the raspberries lightly into the jam to make it easier to roll. Starting at the long side, roll the dough into a log. Cut into 12 even pieces and place cut side down in the tin.

Bake for 25–30 minutes or until well risen and golden. Leave to cool in the tin for 20 minutes. Carefully lift out using the paper as a guide.

Glaze: Stir the ingredients together in a bowl until smooth.

To finish: Drizzle the glaze over the just warm swirls, dust with icing sugar and serve. Makes 12

# Citrus and Roasted Nut Cake (gf)

A delicious, moist cake filled with citrus zest, roasted nuts, a lovely tart layer of lemon curd and clouds of cream. I've added fresh raspberries and a tumble of freeze-dried mandarins for a final flourish.

### Cake

7 × #7 eggs (large)

3/4 cup caster sugar

1/3 cup caster sugar

150 grams finely ground, roasted nuts (use your favourite combination or a single variety. I used

almonds and hazelnuts)
1/2 cup desiccated coconut

finely grated zest 2 oranges and 1 lemon

### To assemble

1 cup good quality lemon curd

1¼ cups cream, softly whipped

1 punnet fresh raspberries

6 freeze-dried mandarin segments (optional)

icing sugar, to dust

2 × 20cm cake tins, greased and bases lined with baking paper

Preheat the oven to 170°C.

Cake: Separate the eggs and put the whites and yolks in two separate large bowls.

Beat the egg yolks with the ¾ cup of caster sugar until very thick and pale. Stir in the nuts, coconut and all the zest. The mixture will be very thick.

Beat the egg whites until frothy then gradually beat in the ½ cup of caster sugar until thick and glossy. Use a large metal spoon to stir a large spoonful of the egg whites into the nut mixture to loosen it.

Gently fold in the remaining egg whites in 3 batches.

Divide the mixture evenly between the tins and smooth the tops. Bake for 18–20 minutes or until the cakes have pulled away from the sides of the tins and are golden and firm to the touch. Set aside to cool.

To assemble: Place one cake on a serving plate and spread with the lemon curd. Dollop half of the cream over the top and spread evenly. Top with the second cake. Spread with the remaining cream and scatter over the raspberries. Gently crush the mandarin segments over the top and dust with icing sugar. Serves 8



# Baked Cinnamon Sugar Doughnuts

As much as I love fried doughnuts, these baked versions are super quick to make and, as they don't contain yeast, are best eaten within a few of hours of baking. See below for notes on finishing and variations on toppings.

1 cup plain flour 1/4 cup melted butter 1 teaspoon baking powder 1 teaspoon vanilla extract pinch salt To finish ½ cup caster sugar ½ cup caster sugar 1/4 teaspoon ground 1 teaspoon freshly cinnamon grated nutmeg 1/4 cup melted butter 1/4 teaspoon ground cinnamon 6-hole doughnut pan, ½ cup milk greased 1 × #7 egg (large)

Preheat the oven to 180°C fan bake.

Combine the dry ingredients in a large bowl.

Whisk the milk, egg, butter and vanilla together then pour onto the flour mixture.

Gently stir together until just combined. Don't overbeat or the doughnuts will be tough.

Use a teaspoon to fill each hole with batter then run your fingertip over the top to smooth out any joins.

Bake for about 15 minutes until the doughnuts are puffed and risen and feel firm to the touch. *Don't over-bake*.

To finish: Combine the sugar and cinnamon in a bowl. When the doughnuts are cool enough to handle, brush lightly all over with melted butter then toss in the sugar to coat on all sides. Repeat with the remaining doughnuts. Makes 6

# Doughnut variations:

Instead of brushing with butter and dipping in caster sugar, toss the doughnuts in icing sugar before adding the lemon curd or chocolate toppings. If dipping in lemon glaze, leave the doughnuts plain.

Lemon Curd and Mascarpone: Gently fold together 150 grams mascarpone with ½ cup lemon curd.

Lemon Glaze: Stir together 1 cup of icing sugar with a little lemon juice until thick and smooth.

Chocolate Ganache: Heat 150ml cream then add 100 grams chopped dark chocolate. Stir until smooth then cool. Top with chopped pistachios.

Doughnut tins are available at Milly's Kitchen www.millyskitchen.co.nz



# Banoffee Loaf with Anzac Crumble

This is a lovely moist banana loaf studded with chunks of toffee and topped with an Anzac biscuit crumble. For total indulgence, serve with the Salted Caramel Sauce.

2 cups plain flour 1/4 cup sour cream or yoghurt 1 cup light muscovado sugar (I used Billington's brand) 1 teaspoon vanilla extract 3/4 teaspoon baking powder Anzac topping ½ cup rolled oats ½ teaspoon baking soda ½ cup desiccated coconut ½ teaspoon ground cinnamon 1/3 cup plain flour ½ teaspoon sea salt ½ teaspoon each ground cinnamon, ginger and nutmeg 100 grams brittle toffees, roughly chopped (I used 70 grams butter Werther's Original) 2 tablespoons golden syrup 1/3 cup rice bran oil ½ teaspoon baking soda  $2 \times #7$  eggs (large), lightly beaten 22cm × 12cm loaf tin, greased 2 cups roughly mashed, very and fully lined with baking ripe bananas (about 4) paper - bring the paper up the sides of the tin

Preheat the oven to 160°C fan bake.

Topping: Combine all the dry ingredients in a bowl. Melt the butter and golden syrup in a medium saucepan. Add the baking soda and stir together until it foams up and becomes pale and light. Tip onto the dry ingredients and mix well. Set aside.

Cake: Combine the flour, sugar, baking powder, baking soda, cinnamon, salt and the toffees in a large bowl. Whisk the oil, eggs, bananas, sour cream and vanilla together. Pour into the flour mixture and mix to combine, ensuring there are no pockets of flour in the batter. Tip into the tin and smooth the top. Scatter the Anzac topping lightly and evenly over the top. Don't press it into the batter. Bake for 20 minutes then cover the top loosely with foil to prevent it over-browning. Bake for a further 50 minutes or until a skewer inserted into the centre comes out clean. Cool in the tin. Cut into thick slices and serve dusted with icing sugar or with a drizzle of the Salted Caramel Sauce. Makes 1 loaf

# Salted Caramel Sauce

¾ cup caster sugar

pinch sea salt

2 tablespoons water

75 grams diced butter at room temperature

½ cup cream

Put the sugar and water in a medium saucepan and slowly bring to the boil, making sure all the sugar has dissolved before it boils. Wipe down any stray grains of sugar from the sides of the pan with a pastry brush dipped in water. Cook until the sugar turns a deep golden colour, gently swirling the pan so it colours evenly. Remove from the heat and immediately add the cream, being very careful as it will bubble up furiously. Add the salt and stir until smooth. Leave to cool for 10 minutes. Whisk in the butter a few pieces at a time,

until the sauce is thick and glossy. Transfer to a bowl and cool.



# Carrot, Parsnip and Cumin Rosti with Poached Eggs and Black Pepper Labne (gf)

Labne is a fresh yoghurt cheese made by straining Greek yoghurt for 24 hours and then gently flavouring with salt and whatever else suits your dish. I love to spike it with lemon zest and black pepper. It's the perfect partner for the Middle Eastern flavours of the rosti.

free-range eggs (1 or 2 eggs per person as preferred)

1 tablespoon white vinegar

## Rosti

3 medium carrots, peeled

1 large parsnip, peeled

2 garlic cloves, peeled and finely diced

11/2 teaspoons ground cumin

1 spring onion, sliced into thin rings

1 large handful coriander, roughly chopped

2 medium sized free-range eggs, lightly beaten

4 tablespoons tapioca flour (or use rice, buckwheat or spelt flour)

# Black pepper labne

500 grams Greek yoghurt

½ teaspoon sea salt

very generous grind of cracked black pepper

zest of one lemon

ghee or coconut oil for frying

microgreens and seeds to garnish

lemon wedges

Please note: Labne must be started at least 12 hours prior to allow time for the yoghurt to strain. The finished product will last at least 5 days in the fridge so can be made a couple of days prior to use.

Labne: Line a sieve with muslin and place over a bowl. Pour the yoghurt into the sieve and leave in the fridge to strain for 24 hours. Discard the liquid (whey) that drains into the bowl and mix the thickened yoghurt with lemon zest, salt and a generous grind of cracked black pepper. Return to the fridge until needed.

Rosti: Use the coarse side of a grater to grate the carrots and parsnip. Squeeze tightly to remove as much liquid as possible. Combine in a large bowl with the remaining ingredients and mix well.

Heat a generous dessertspoonful of ghee in a sauté pan over a medium heat.

Divide the rosti mixture into four parts. Place 1 or 2 at a time in the sauté pan and use your hands or a fork to flatten into shape. Fry for 4 minutes on each side until golden. Place in a warm oven while the remaining rosti are cooked.

Eggs: Add the white vinegar to a large saucepan of gently simmering water. Crack each egg into a small cup before gently pouring into the water. Cook for four minutes to achieve a firm white and soft yolk.

To serve: Place a rosti on each plate, top with the poached eggs and garnish with seeds and microgreens and a lemon wedge. Serve immediately with labne on the side. Serves 4

# Pumpkin Spiced Waffles with Roasted Fruit and Vanilla Mascarpone (gf)

Both gluten- and refined sugar-free, this decadent brunch dish with a wholesome touch is rich and delicious.

The rhubarb works well both warm and cool so can be made the night prior if desired. You can also replace the different flours with the same amount of all-purpose GF flour.

### Pumpkin waffles

3/4 cup tightly packed roasted pumpkin

½ cup coconut sugar

2 free-range eggs

½ cup brown rice flour

½ cup buckwheat

1/4 tapioca flour/starch

1 heaped teaspoon glutenfree baking powder

1 teaspoon ground ginger

½ teaspoon ground cinnamon

1/4 teaspoon mixed spice

1 cup almond milk

### Vanilla mascarpone

400 grams mascarpone

1 teaspoon good quality vanilla extract (I used Heilala brand vanilla paste)

2 tablespoons coconut sugar

### Roasted rhubarb

400-500 grams rhubarb

1/4 cup coconut sugar

### To serve

maple syrup

Preheat oven to 170°C.

Rhubarb: Trim rhubarb and cut into pieces roughly 4cm in length. Lay snugly in a baking dish and sprinkle with the coconut sugar. Cover with aluminium foil and roast for 10 minutes. Uncover and roast for a further 10 minutes until the rhubarb is tender and the sugar has dissolved. Set aside.

Mascarpone: Combine mascarpone with vanilla extract and coconut sugar in a bowl. Beat for 2–3 minutes until the sugar has dissolved. Place in the fridge until needed.

Waffles: Place all the ingredients in a food processer and process for a minute until the batter is smooth. Alternatively, you can mix the ingredients in a large bowl. It may be harder to get a smooth consistency if you use this method.

Heat a waffle maker and brush with melted coconut oil, ghee or butter.

Pour approximately ½ cup of batter into the machine at a time and cook on high for 4–5 minutes. Place the waffle in a warm oven while the remaining waffles cook.

To serve: Place a warm waffle on a plate and top with the vanilla mascarpone and rhubarb. Serve with maple syrup alongside. Makes approximately 4 waffles

**COOK'S TIP:** For my roasted pumpkin I cut a piece of crown pumpkin (slightly less than a quarter of the whole vegetable) into cubes, tossed it with a little olive oil and roasted it until lightly golden and very tender.





# Cacao and Orange No Grain-ola with Homemade Almond Milk

Grain-free cereals have become increasingly popular and this tasty and luxe breakfast will be a treat for anyone craving something a little different. Homemade nut milk can be made using walnuts, cashews or macadamia nuts.

1 cup unsweetened coconut chips (also called coconut flakes)

½ cup sunflower seeds

½ cup pumpkin seeds

½ cup almond slivers

 $\frac{1}{2}$  cup cashew nuts

1/4 cup sesame seeds

2 tablespoons melted coconut oil

1/₃ cup rice malt syrup (or maple syrup)

1 teaspoon good quality vanilla extract

3 tablespoons raw cacao powder

pinch sea salt

zest of 2 oranges

2 tablespoons raw cacao nibs (optional)

### Almond milk

1 cup raw almonds

4 cups water

½ teaspoon sea salt

2 tablespoons rice malt syrup (or maple syrup)

½ teaspoon good quality vanilla extract

generous pinch ground cinnamon (optional)

Please note: The almond milk must be started 12 hours prior to allow for soaking time.

Almond milk: Place the almonds in a large bowl with the water and salt. Leave to soak overnight or for 12 hours. Drain nuts and rinse well. Place the nuts in a blender with the rice malt syrup, vanilla and cinnamon (if using). Blend for five minutes, until the almonds are very fine. Give the blender frequent breaks to avoid overheating.

Strain the nut milk using a nut milk bag (see below) or a sieve lined with muslin. Pick up the corners of the muslin to tightly squeeze every last bit of liquid from the almond pulp. Store the milk in a glass bottle or large jar in the fridge for up to four days.

Preheat the oven to 120°C.

Combine all the nuts and seeds in a bowl and mix through the melted coconut oil, rice malt syrup, vanilla, cacao powder and sea salt. Toss well to coat thoroughly. Spread out thinly on a lined baking sheet. Bake for 25 minutes, tossing at least once during the baking process to prevent sticking or burning.

As soon as the tray comes out of the oven, sprinkle with the orange zest and cacao nibs (if using). Toss well. Leave to cool completely before storing in an airtight jar. Store in the fridge for up to two weeks. Makes almost 4 cups

**PANTRY NOTE:** Rice malt syrup is a fructose-free sweetener made from fermented cooked rice. A rich syrup with the colour and consistency of maple syrup, you'll find it at all health food stores and in the health section of good supermarkets. I find it is slightly less sweet than honey or maple syrup.

Nut milk bags are available from health food stores and can be less fiddly than using muslin, though both will yield a successful nut milk.

# FRESH AS°

freeze dried ingredients



SNAPPER CEVICHE Young coconut, avocado, chilli, lime, lychee

USED IN ALL GOOD KITCHENS

THE FRENCH CAFÉ

# easy everyday Simple meal solutions for *any night* of the week SPAGHETTI WITH LEMON, PRAWNS AND PARMESAN **阿尔克斯**阿尔克斯 (新科斯) Photography by Aaron McLean

# Spaghetti with Lemon, Prawns and Parmesan

This simple, tasty pasta recipe is bursting with fresh lemon, nutty Parmesan and a spike of chilli.

400 grams dried spaghetti

400 grams raw, peeled prawns

zest and juice 2 lemons

4 tablespoons olive oil

1 cup freshly grated Parmesan (40 grams) 1 clove garlic, crushed

1 long red chilli, seeded and finely chopped

2 tablespoons chopped parsley

2 spring onions, thinly sliced

sea salt and ground pepper

Put the lemon zest and juice, olive oil, Parmesan and garlic in a bowl and whisk together. It will look grainy. Add half the chopped chilli and half the parsley, a pinch of salt and a good grind of pepper. Set aside.

Cook the spaghetti in boiling salted water until al dente, adding the raw prawns for the last 2 minutes of cooking. Remove a  $\frac{1}{4}$  cup of the cooking water then drain the spaghetti and prawns. Tip back into the saucepan then add the lemon mixture and the reserved water and stir everything together.

Divide the pasta and prawns between warm bowls and top with the remaining chilli, parsley and the spring onions. Pass extra Parmesan for grating if desired. Serves 4

# Mustard, Lemon and Rosemary Roasted Chicken

One-pan recipes are always popular and boned chickens are now readily available at butchers and supermarkets. You could also use chicken thighs.

1 boned chicken

olive oil

olive oli

1 cup white wine or water

2 tablespoons Dijon mustard

2 sprigs rosemary

½ teaspoon chilli flakes

12 cloves garlic, skin on

800 grams waxy potatoes, cut into wedges if large

1 large lemon

sea salt and ground pepper

# Preheat the oven to 180°C.

Line a large roasting pan with baking paper. Rub the base with a little olive oil and pour in the wine or water. Season the flesh side of the chicken with salt and pepper then place skin side up in the pan.

Spread the mustard over the skin then scatter over the rosemary and chilli flakes. Tuck the garlic and potatoes around the chicken then drizzle everything with olive oil and season generously. Quarter the lemon and squeeze the juice over the chicken then add the lemon skins to the pan.

Roast for 45 minutes or until the chicken is golden and cooked through, basting the chicken with the pan juices after 20 minutes.

Carve the chicken and serve with a cooked green vegetable. Serves 4-6





# Spicy Red Lentil and Carrot Soup with Chickpea Falafel

This fragrant soup is easy to put together and makes a hearty meal when served with the falafel. If making ahead, you will need to add extra stock or water as it will thicken on standing.

2 tablespoons olive oil
1 onion, thinly sliced
500 grams carrots, grated
2 cloves garlic, crushed
1 teaspoon smoked paprika
1 teaspoon each ground
turmeric and cumin

½ teaspoon
ground cinnamon
¼ teaspoon chilli flakes
1 tablespoon soy sauce

1/2 cup dried red lentils

1 × 400 gram tin crushed
Italian tomatoes

4 cups vegetable
stock or water

1 tablespoon lemon juice
sea salt and ground pepper

To serve
falafels (see recipe below)
thick plain yoghurt

small handful coriander,

half chopped

Heat the oil in a large saucepan and add the onion, carrots and garlic with a good pinch of salt. Cover and cook until soft.

Stir in all the spices, soy and the lentils and cook for 1 minute.

Add the tomatoes and stock, season generously and bring to the boil. Reduce the heat and simmer for about 20 minutes until everything is tender.

To serve: Stir in the lemon juice then ladle the soup into bowls. Top with the falafel, yoghurt, the chopped and whole coriander and a drizzle of olive oil. Serves 4-6

# Chickpea Falafel

1 cup falafel mix

½ cup water

2 cloves garlic, crushed

vegetable oil for cooking

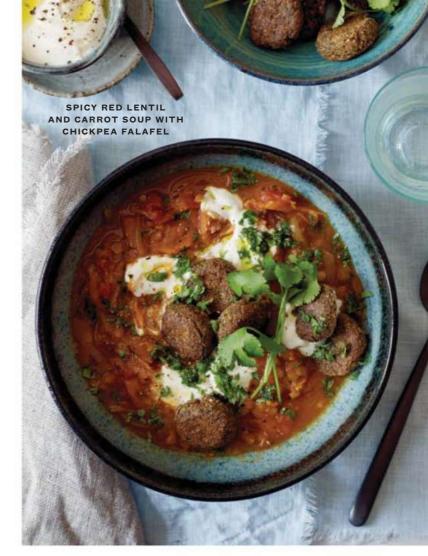
1 teaspoon each ground cumin and coriander

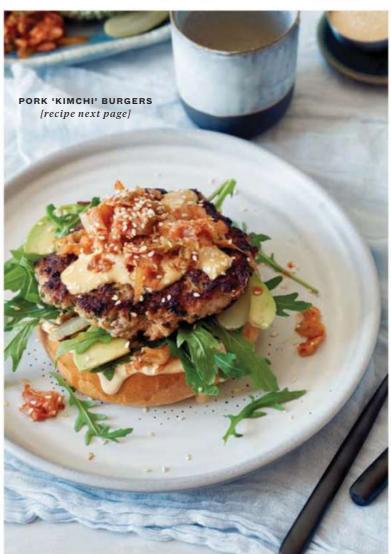
Combine all the ingredients in a bowl and leave for 10 minutes.

Roll into small balls.

Heat a little vegetable oil in a sauté pan and cook the falafel for 1 minute each side until golden and crisp.

**PANTRY NOTE:** Falafel mix is available in the International section at supermarkets







# Herb Crêpes with Mushrooms and Soft Cheese

Tender herb-flecked crêpes make a great do-ahead base that can hold a variety of fillings. Store in the fridge, layered between baking paper for two days, or freeze for two months.

Batter
2 eggs

1/3 cup packed herbs (I used a mix of parsley and basil)
1 teaspoon dried tarragon
1 cup milk
1/4 cup water
2 tablespoons olive oil
1 cup plain flour
1/2 teaspoon sea salt

1 tablespoon olive oil
100 grams soft feta or goat's cheese, crumbled
1/2 cup thick plain yoghurt
1 clove garlic, crushed
finely grated zest 1 lemon
sea salt and ground pepper
To finish

1/4 cup melted butter

½ cup freshly grated Parmesan

Preheat the oven to 200°C fan bake.

800 grams Portobello

mushrooms, sliced

Batter: Put the eggs, herbs and ½ a cup of the milk in a food processor and blend until smooth. Add all the remaining ingredients and process again.

Heat a 20cm non-stick sauté pan and brush with a little melted butter or oil.

Filling

Tip in a  $\frac{1}{4}$  cup of the batter and quickly swirl the pan to make a thin crêpe.

Cook for about 1 minute then flip the crêpe and cook for another minute.

Slide onto a large plate then cover with a clean tea towel. Repeat to make another 7 crêpes.

Filling: Heat the olive oil in a large sauté pan and add the mushrooms. Cook over a high heat, stirring occasionally until they start to brown and release their juices. Season and keep cooking until tender and golden.

Put the feta in a food processor along with all the remaining ingredients and process until smooth. Season.

To finish: Lay the crêpes on the bench and spread each one with some of the feta mixture. Divide the mushrooms between the crêpes then roll up loosely. Place in a lightly oiled baking dish and brush the tops with butter and sprinkle with Parmesan.

Bake for about 8 minutes until hot and lightly golden. Serve with a salad. Serves 4

#### Pork Kimchi Burgers

Ready-made kimchi (a traditional Korean dish of spicy sour fermented vegetables) is great to have in the fridge and goes well with chicken and lamb. I sometimes shred it to add to coleslaw, as well as serving it as a condiment.

600 grams pork mince

1/2 cup fresh breadcrumbs

2 tablespoons milk

1/2 cup kimchi, finely chopped

2 cloves garlic, crushed

1 tablespoon grated
fresh ginger
small handful coriander,
finely chopped

sea salt and ground pepper

olive oil

Mayo
½ cup purchased
mayonnaise

sesame seeds

1 teaspoon sesame oil

1 tablespoon soy sauce

To serve
4 burger buns, toasted
rocket or spinach leaves
1 avocado, sliced
2 large gherkins, thinly sliced
extra kimchi, finely sliced
1 tablespoon toasted

Burger: Mix the breadcrumbs and milk in a large bowl and leave for 5 minutes. Add the pork mince, kimchi, garlic, ginger and coriander and season. Combine everything really well. *I use my hands for this.* Form the mixture into 4 patties the same size as the buns.

Heat a little oil in a sauté pan. Cook the burger patties until golden on both sides and cooked through.

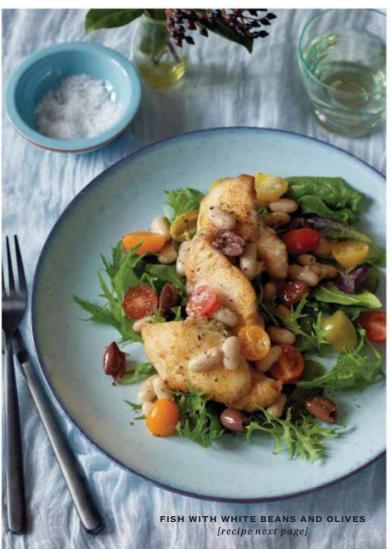
Mayo: Stir all the ingredients together in a bowl.

To serve: Spread the buns with mayo then top with rocket, avocado, gherkin slices and a burger pattie. Top with a dollop of mayo, extra kimchi and sesame seeds. Makes 4

**PANTRY NOTE:** Ready-made kimchi is available from some supermarkets, Asian and gournet food stores.

PROPS: Fabric from The Props Department (www.thepropsdepartment.co.nz). Spaghetti with Lemon, Prawns and Parmesan: Bayly & Collis bowl from Stevens (www.stevens.co.nz). Plate and napkin from Citta (www.cittadesign.co.nz). Plate and small dish from The Props Department. Nkuku board - for stockists contact Source Home and Object (www.sourcehomeobject.com). Fork from Maytime (www.maytime.co.nz). Glass from Flotsam & Jetsam (www.flotsamandjetsam.co.nz). Background: Plate from Country Road (www.countryroad.com.au). Lighter plate from Citta. Bowl from Japanese Lifestyle (www.japaneselifestyle.co.nz). Glass from Flotsam and Jetsam. Mustard, Lemon and Rosemary Roasted Chicken: Tray from Flotsam & Jetsam. Jug from Tessuti (shop.tessuti.co.nz). Glass and napkins from Citta. Bayly & Collis plate from Stevens. Spicy Red Lentil and Carrot Soup with Chickpea Falafel: Soup bowl from Japanese Lifestyle. Bowl from Tessuti. Glass from Flotsam & Jetsam. Spoon from Country Road. Small bowl, fabrics and plate from The Props Department. Pork 'Kimchi' Burgers: Bayly & Collis plates from Stevens. House Doctor cup – for stockists contact Source Home and Object. Oval plate from Japanese Lifestyle. Cutlery from Country Road. Herb Crêpes with Mushrooms and Soft Cheese: Cup from Tessuti. Cutlery from Country Road. All other props from The Props Department. Spice-Rubbed Lamb Rumps: Bayly & Collis plates from Stevens. Glass from Flotsam & Jetsam. Cutlery from Maytime. All other props from The Props Department. Fish with White Beans and Olives: Plate from Collected by Leanne Yare (www.collected.co.nz). Bowl and glass from Flotsam & Jetsam. Cutlery from Country Road. Simple Rhubarb Tarts: Tray, bowl and fabric from The Props Department. Oval bowl from Japanese Lifestyle. Fog Linen Pot holders from Father Rabbit (www.fatherrabbit.com). All uncredited props stylist's own. Meat from Neat Meat (www.neatmeat.com). Fresh produce from Farro Fresh (www.farrofresh.co.nz).





#### Spice-Rubbed Lamb Rumps

Lamb rumps are a quick and easy alternative to a roasted leg of lamb and are best served medium rare.

2 lamb rumps, approx 350 grams each

sea salt

1 tablespoon olive oil

Spice rub

1 teaspoon each ground cumin, coriander, turmeric and smoked paprika

½ teaspoon ground mixed spice

To serve

4 medium pita breads, warm

shredded salad (recipe below)

1 avocado, peeled and quartered

½ cup thick plain yoghurt

Preheat the oven to 200°C fan bake.

Spice rub: Combine all the spices in a small bowl then remove 1 teaspoon and set aside for serving.

Season both sides of the lamb with salt.

Sprinkle over enough spice mix to coat all sides thoroughly, patting it on to adhere then shaking off the excess.

Heat the oil in an ovenproof sauté pan and sear the lamb on all sides.

Transfer to a baking dish and roast for 17-20 minutes for medium-rare lamb. Cooking time will depend on the thickness of the rumps.

Transfer to a plate, cover loosely and rest for 5 minutes before carving.

To serve: Place the pita breads on plates and top with the shredded salad. Slice the lamb against the grain and arrange over the salad with the avocado.

Top with the yoghurt, a sprinkle of spice mix and a grind of pepper. Pour over the meat resting juices. Serves 4

#### Shredded Mixed Salad

2 cups finely shredded white cabbage

1 cup packed, finely shredded kale, spinach or silverbeet

1 medium carrot, very thinly sliced or grated

2 tablespoons olive oil

2 teaspoons white wine vinegar

sea salt and ground pepper

Place everything in a large bowl and toss together. Leave for 10 minutes to soften a little.



#### Fish with White Beans and Olives

Simple pan-fried fish gets a delicious topping of mustardy beans with juicy olives and a handful of peppery rocket.

800 grams firm white fish fillets

sea salt and ground pepper

olive oil

Salad

3 tablespoons olive oil

2 teaspoons white wine vinegar or lemon juice

1 teaspoon Dijon mustard

2 cloves garlic, crushed

1 × 400 gram tin cannellini beans, drained and rinsed

1 cup assorted pitted olives, halved

16 cherry tomatoes, halved

#### To serve

large handful rocket or mesclun leaves

Salad: Whisk the oil, vinegar, mustard and garlic together in a large bowl.

Season then stir in the beans, olives and tomatoes.

Fish: Season the fish. Heat a little olive oil in a sauté pan and cook until golden and just cooked through.

To serve: Divide the salad leaves between plates. Top with the fish and spoon over the bean salad. Serves 4

#### Simple Rhubarb Tarts

Crisp pastry bases topped with tender, slightly tart rhubarb are delicious served warm or at room temperature.

2 sheets frozen puff pastry, thawed (25cm × 25cm)

Topping

1 tablespoon caster sugar

1 tablespoon brown sugar

2 tablespoons plain flour

½ teaspoon ground cardamom

3 tablespoons sour cream

4-6 stalks rhubarb, thinly sliced on the diagonal

#### To serve

2 tablespoons warm apricot jam

softly whipped cream

Preheat the oven to 180°C fan bake.

Cut out  $8 \times 10 \text{cm}$  circles of pastry and place on a flat lined baking tray.

Topping: Combine both the sugars, the flour and cardamom in a bowl

Spread each pastry circle with sour cream then sprinkle with 2/3 of the sugar mixture.

Top with slices of rhubarb, packing them tightly together and standing them up on their edges rather than lying flat. Sprinkle over the remaining sugar mixture.

Bake for 15-20 minutes until the rhubarb is tender and the pastry bases are crisp.

To serve: Brush the tops with warm jam and serve with softly whipped cream. Makes 8

### AND TO DRINK...

Wine editor Yvonne Lorkin suggests drinks matches for these dishes



#### SPAGHETTI WITH LEMON, PRAWNS AND PARMESAN

Despite this recipe being rather Italiano on it, I'm recommending a snappy Spanish white to pair with it, because the Mas Buscados Macabeo Sobre Lias 2013 (\$14.99) is zesty, clean and loaded with limey, chalky characters. It's bright, dry and darn good. To order visit www.vinofino.co.nz

#### MUSTARD, LEMON AND ROSEMARY ROAST CHICKEN

If you love great chardonnay paired with classic roast chicken then you're going to love that I'm recommending the exceptionally awesome Sacred Hill Wine Thief Chardonnay 2014 (\$33) here. This wine is a super-concentrated mix of roast stonefruit, citrus, toasty nutty layers and all round loveliness. To order visit www.regionalwines.co.nz

## SPICY RED LENTIL AND CARROT SOUP WITH CHICKPEA FALAFEL

A robust, ribsticking white wine is the perfect partner for this moreish soup, so I'm recommending the Karikari Estate Calypso Chardonnay 2013 (\$29). This cracker from the far north boasts cinnamon, struck match and smoke notes alongside concentrated stonefruit flavours which pair with the sweetness of the carrot and softens the spices nicely. To order visit www.winenz.com

#### HERB CRÊPES WITH MUSHROOMS AND SOFT CHEESE

The delicate saltiness of the feta and lift from the tarragon requires a softly textured sauvignon blanc that hits the herbal notes but has a creamy element too. The new Stoneleigh Wild Valley Sauvignon Blanc 2015 (\$18.99) fits the bill perfectly. Widely available.

#### PORK KIMCHI BURGERS

If you can get your hands on a bottle of Chung Ha Korean Sake then that would be superb, but I also love the Alpha Domus Wingwalker Viognier 2013 (\$26) because it works a treat with the spicy sour kimchi and sesame mayo in these burgers. To order visit www.alphadomus.co.nz

#### SPICE-RUBBED LAMB RUMPS

This tender lamb in exotic spices deserves a silky, slippery, pinot noir that's packed with cherry and cream, mocha and tea leaf notes, like the new Craggy Range Te Muna Road Pinot Noir 2013 (\$42). To order visit www.craggyrange.com

#### FISH WITH WHITE BEANS AND OLIVES

The Kendall Jackson Vintners Reserve Chardonnay 2013 (\$33) is deliciously rich with roast pineapple, spicy peach, and boosted with brulee and butterscotch. It washes over this delicate fish beautifully. To order visit www.finewinedelivery.co.nz

#### SIMPLE RHUBARB TARTS

Aromas of honey-soaked citrus, almond toffee and toasted spices are the ideal partners here, so try the deliciously decadent Ngatarawa Proprietors Reserve Noble Riesling (\$29, 375ml). To order visit www.ngatarawa.co.nz

# MEAT Mattens

An essential component of any recipe is having the right cut of meat for the job. As with all cooking, the best quality meat will give a superior end result. Take the time get to know your meat, one cut at a time.

**THE CUT** The lamb rump is an individual muscle, cut from the hind leg. When roasted and rested it is very tender with a lot of flavour. There is a layer of fat and skin on the top, which crisps up beautifully when cooked. This can be removed before or after cooking.

**COOKING TIPS** To get the best flavour from your meat, remove from the fridge 30 minutes before cooking to bring to room temperature.

As rump is a very lean cut and has a short cooking time, searing the lamb first improves the flavour.

Heat a heavy-based sauté pan until hot. Lightly brush the lamb with oil and season. Quickly sear the lamb on all sides until brown all over then place in a hot oven and roast for 13-15 minutes (200°C) until medium.

Transfer to a plate and cover loosely.

Rest for 5 minutes to allow the meat fibres to relax and reabsorb some of the juices. The relaxed meat becomes more tender and easier to carve.

TO SERVE Lamb goes well with a variety of flavours.

Herbs and aromatics: lemon and orange, oregano, sage, fennel, parsley, chives, rosemary, mint, basil and thyme.

**Spices:** turmeric, chilli, ginger, smoked paprika, garam masala, fennel, cinnamon, coriander, cumin and allspice.

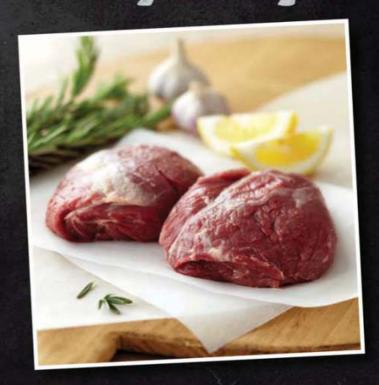
**Top lamb rumps with a crust and roast:** Combine roasted almonds, fresh breadcrumbs, grated Parmesan, crushed garlic with finely chopped thyme and softened butter. Spread over seared lamb and roast.

Serve slices of hot cooked lamb rump with one of the following salads: Roughly crush hot cooked potatoes with a large fork. Fold in olive oil, capers, chopped anchovies, olives and crushed garlic. Season with salt and pepper.

Toss cubed eggplant with olive oil, smoked paprika and chilli. Season and roast until tender. Serve with thick plain yoghurt, harissa and chopped coriander.

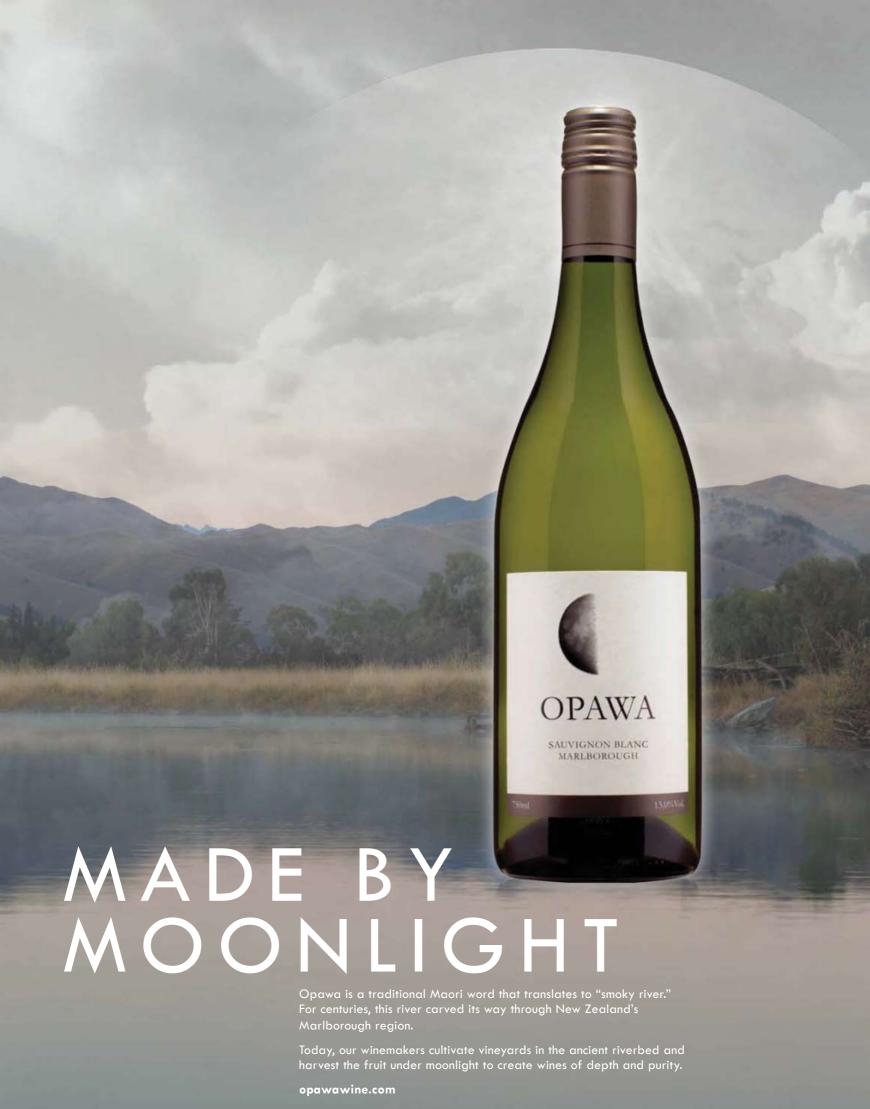
See page 108 for a recipe for Spice-Rubbed Lamb Rumps.

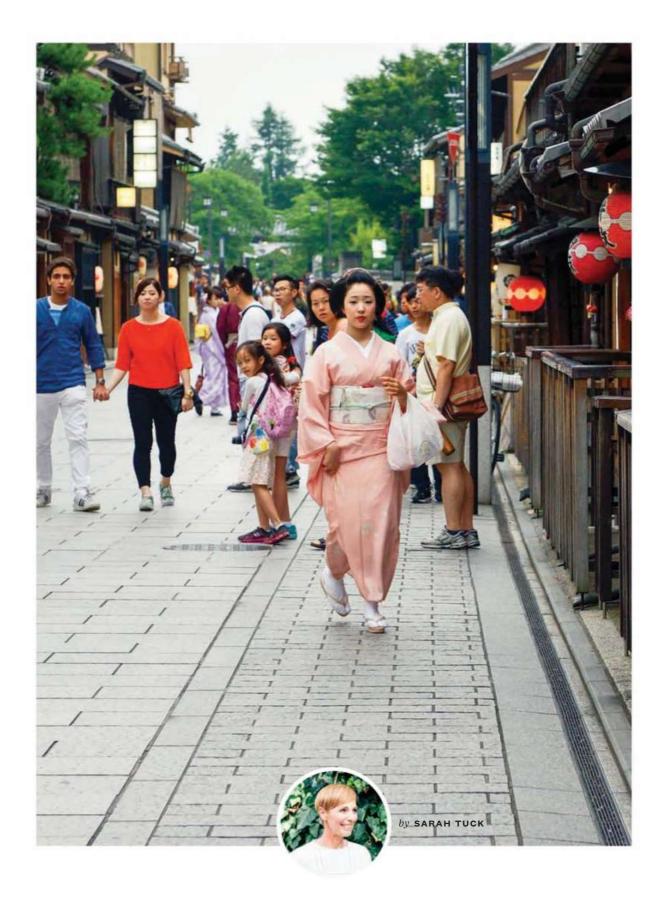
Lamb rump



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# the call of Kyoto

SARAH TUCK is captivated heart, soul and stomach by the city of Kyoto.













#### OPPOSITE PAGE, CLOCKWISE FROM

TOP: The popular dish takoyaki (octopus in batter) is cooked in special pans; Kinkakuji's magical Golden Pavilion; market offerings of sugared kumara chips and matcha ice cream.

#### THIS PAGE:

Sakamoto's soy curd poached with broth, spring onion and wasabi.













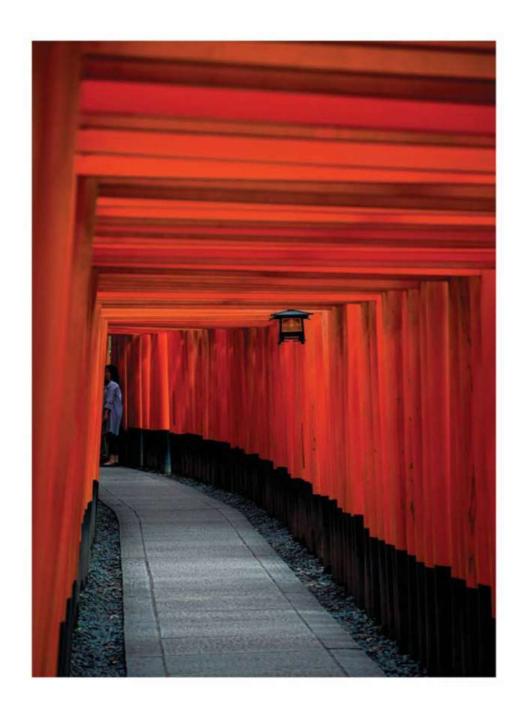
aving arrived in Japan in a frenzy of anticipation to see Tokyo, my steppingstone to that city was a three-day visit to Kyoto – known as the City of Ten Thousand Shrines. My stay was all too brief, my heart (and stomach) totally lost, and Kyoto has firmly replaced Tokyo at the top of my 'places-I-must-returnto' list!

Several things strike you immediately on arrival in Kyoto: the beautiful scenery; the impeccable, charming manners of the locals; and – as soon as you have the chance to eat – the range and quality of the Kyoto cuisine. One taxi ride was all it took to appreciate the incredible pride taken in everything that is done here. The cab (and every other one we took) was immaculately clean with starched white fabric doilies protecting every surface, while our delightful driver wore a uniform, gloves and a hat. At the hotel, both he and the doorman bent double when they bowed, and so the tone was set for the remainder of our stay.

That evening, we raised our glasses to our helpful hotel concierge from the unassuming ten-seater counter of Aoi, the first bar to which she had directed us. Typical of the area, the signage was modest to the point of invisibility, but inside the renovated 100-year-old town house in Gion was a stylishly simple, authentic bar. We sipped whiskey from crystal glasses (from an antique collection), while working up an appetite for our next stop.

Dinner was a 13-course degustation at nearby Sakamoto, a tiny *kappo* (counter-style) restaurant overlooking the Shirakawa River. Our host, head chef Ryuta Sakamoto, carefully explained each delicate dish as it was placed before us. Starting with a single pickled umeboshi plum to ready the palate, our subsequent feast included sushi styled with mashed sweet potato and fish; soup with eel; yuzu and a freshwater plant encased in natural gel; sea bass, tuna and clam sashimi; duck with avocado and ginger; eggplant with miso paste; and broth with soy sauce and mirin. My favourite was the soy curd poached with broth, spring onion and wasabi – a delicious and surprising combination of subtle flavours and textures

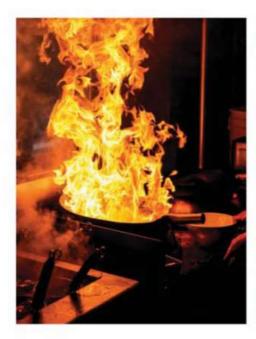
Each dish was exquisitely presented, and the patter of explanation from chef Sakamoto friendly and informative. It's no surprise Sakamoto was awarded a Michelin star in 2010 and 2011.







"Each of the food stalls specialises in one *beautifully prepared* and presented type of culinary item: from sugared fruit to rice balls, crackers studded with wasabi peas or nuts, fresh wasabi, seafood, and the often-photographed baby octopus stuffed with quails' eggs."





It's impossible to go to Kyoto and not visit a temple or shrine: with over 1600 Buddhist temples in the area there is no shortage of history to discover. Avoid the crowds with an early start, like we did at the serene and picturesque Tofukuji temple, followed by a restorative coffee at Vermillion café. From there we wandered the glowing red walkway of the Fushimi Inari-taisha shrine, then were guided enthusiastically through the Kiyomizu-dera temple by three delightful university students keen to practise their English. Each temple has meticulously maintained gardens and buildings catering to the multitude of Japanese and international tourists visiting year-round. We were surprised and enchanted to see that many Japanese tourists (and locals) dress in traditional yukata or kimonos, complete with obi sash and accessories, as they wander the temples and shrines.

Our second coffee stop of the day was at %Arabica, a hip coffee shop not far from Kiyomizu-dera temple in Higashiyama-ku. The vibe is cool, the staff super-friendly and the coffee excellent.

Much revived, we headed to the 400-year-old Nishiki Market, a narrow five block-long shopping street lined with more than 100 shops and restaurants, also known as 'Kyoto's Pantry' or 'Kyoto's Kitchen'. Each of the food stalls specialises in one beautifully prepared and presented culinary item: from sugared fruit to rice balls, crackers studded with wasabi peas or nuts, fresh wasabi, and the often-photographed baby octopus stuffed with quails' eggs.

It was the perfect place to stop for a late lunch of burnt miso ramen at Gogyo, a restaurant also found in Tokyo. Rest assured, there are no acrid flavours here – the burning takes place when lard is heated then ignited and the charred residue tipped over the soup so that the broth (either shoyu or miso) takes on a deep black lustre and rich, full, smoky taste.

Gion is the most well known geisha district in Kyoto, and it's still possible to be entertained by a geisha or 'geiko', but generally an introduction from an existing customer is required. Wandering through the area you may still get

a glimpse of a beautifully coiffed and dressed geisha hurrying gracefully between engagements. We were lucky enough to do just that on our way to dinner at the tiny yet fabulous Chao Chao Sanjo Kiyamachi where we feasted on the most delicious fried chicken wings and steaming hot gyoza. Despite the rain, a queue of eager diners formed outside the door. I would have happily queued too – this was one of my favourite meals in Japan. Chao Chao is a must for a quick, casual dinner.

We started our last day with an early train ride to Arashiyama in the far west of Kyoto and after a breakfast of *takoyaki* (ball-shaped octopus in crêpe batter) we roamed through Kameyama-koen Park, Tenryu-ji Temple, the Okochi Sanso Villa and the stunning Arashiyama Bamboo Grove. The temples and gardens were magical, and walking the streets was an experience in itself as we soaked up the genteel, traditional atmosphere nodding and greeting everyone we passed. We stumbled upon a sweet little restaurant for a lunch of tempura soba before heading onwards to Kinkaku-ji to see the stunning Golden Pavilion, a Zen temple with its two top floors completely covered in gold leaf.

The final stop of our Kyoto stay was dinner at Giro Giro Hitoshina on the Takase-gawa River, well known for its 'punk kaiseki'. Kaiseki is a traditional multicourse Japanese dinner where the emphasis is on meticulous presentation, and the punk aspect refers to Giro Giro's more relaxed hipster vibe. The elaborate dishes are plated in front of you with scrupulous attention to detail. It's a fascinating and affordable way of experiencing this version of Japanese haute cuisine.

After three days in Kyoto I found that my normally exuberant hand waving and booming laugh had toned down, my regular full-speed walking pace had slowed and I felt all together more peaceful and almost graceful. 'Domo arigato gozaimashita' Kyoto – thank you for a magical first visit, I will most definitely be back.

See over for recipes inspired by Sarah's travels in Japan.

#### OPPOSITE PAGE:

Skewers of baby octopus stuffed with quails' eggs are a popular attraction at Nishiki Market; the tranquility of Kyoto's temples are offset by bustling crowds.

ABOVE: Burnt miso ramen is prepared by igniting lard before tipping the charred residue over the broth, at Gogyo restaurant.



#### Okonomiyaki

I have read a great deal about these classic Osaka-style Okonomiyaki – described as everything from Japanese pancakes to pizza – but to me, they're more like a Japanese take on the good old Kiwi corn fritter. The name translates as "Grilled what you like" and in Japan they're made with grated 'nagaimo' or 'yamaimo', a glutinous yam, but I've found they still work perfectly in this slightly simplified version. Often, they're made with bacon (or thin pork belly strips) layered onto one side of the fritter, but this method is a little easier and delivers the same flavour. Feel free to add fillings "as you like" and enjoy for lunch or a casual dinner.

1½ cups plain flour

2 teaspoons baking powder

1 teaspoon caster sugar

¼ teaspoon salt

4 eggs

1 cup dashi, diluted in fish stock or water

½ cabbage finely shredded (you need 8 cups)

3 spring onions, chopped

¼ cup sushi ginger, sliced (or use the traditional Beni Shoga)

1 cup chopped cooked prawns

200 grams streaky bacon, chopped

2 tablespoons flavourless oil (such as rice bran)

#### To serve

okonomi sauce (you can also use tonkatsu sauce, or Worcestershire sauce)

mayonnaise (such as Japanese Kewpie brand)

katsuobushi (dried bonito flakes – optional)

aonori seaweed flakes (or substitute with finely sliced wakame)

finely sliced spring onions (optional)

pickled ginger (optional)

toasted sesame seeds (optional)

Sift flour, baking powder, sugar and salt into a bowl.

Whisk eggs and dashi together, then whisk into the flour mixture to create a smooth batter. Leave to sit for 30 minutes.

Mix cabbage, spring onions, ginger, prawns and bacon into the batter. Heat oil on a hot plate over medium heat and spoon on mixture to create 4 to 6 fritters, depending on the size you would like. Cook for four minutes before carefully flipping to cook another four minutes.

Serve topped with okonomi sauce, mayonnaise, katsuobushi and aonori. Serves 4

(Miniature versions would be great served with drinks, while four big okonomiyaki would serve four for lunch, and for dinner with a side – a poached egg on top would be great too!)



#### Barbecued Scallops with Miso Spring Onion Butter

I'm always looking for interesting nibbles to serve with drinks, and these fit the bill perfectly. Better still, the seasoned butter can be prepared hours before, then simply cook the scallops quickly and serve straight from the barbecue hotplate. A few garnishes leave them tasting great and looking pretty too – so easy!

18 scallops

50 grams softened butter

2 teaspoons white or yellow miso paste

1 spring onion chopped, with 2 tablespoons finely chopped and reserved for garnish

1 teaspoon finely grated fresh ginger

¼ teaspoon sesame oil

1 tablespoon flavourless oil, such as rice bran

#### To serve

2 teaspoons black sesame seeds

1/3 cup microgreens

Place butter, miso, spring onions and ginger in a food processor and blend, then stir through the sesame oil.

Heat a hot plate, brush with oil and cook scallops for a minute on each side.

Serve dabbed with miso spring onion butter and sprinkled with sesame seeds, the reserved spring onions and microgreens.

Makes 18

**PANTRY NOTE:** Japanese ingredients are available from Japanese or Asian food stores.





#### Panko-Crumbed Japanese Curry Balls

Japanese cuisine has so many contrasts and textures – from the super clean taste of beautiful fresh sashimi to decadent, deep-fried panko-crumbed creations. This recipe falls into the latter category: it's Japanese-style chicken curry encased in golden breadcrumbs and is my twist on the popular 'Kare Pan'. These are perfect to serve with drinks or as part of a Japanese feast.

2 tablespoons rice bran or similar neutral oil

1 onion, finely chopped

2 teaspoons caster sugar

1 tablespoon curry powder

1 teaspoon garam masala

½ teaspoon ground cumin

pinch cayenne (optional)

1 medium carrot, peeled and chopped into 1cm dice

1 medium waxy potato, peeled and chopped into 1cm dice

2 cloves garlic, crushed

3 tablespoons soy sauce (use reduced salt if preferred)

8 skinless boneless chicken thighs, chopped into 3cm pieces

1/4 cup flour

2/₃ cup chicken stock

2 eggs, lightly whisked

3 cups panko crumbs

5 cups rice bran oil (or similar with high smoke point) for deep frying

#### To serve (optional)

1/4 teaspoon toasted sesame oil

1 cup of mayonnaise

½ teaspoon toasted sesame seeds

Heat the first measure of oil in a large deep frying pan and cook onion, sugar and spices over a medium heat for 5 minutes. Add carrot and potato, cover and cook a further 10 minutes, stirring occasionally.

Add garlic, soy sauce and chicken and cook for 5 minutes. Add the flour and stock, stirring to combine well, and cook for a further 10 minutes until sauce has thickened and the chicken is cooked through. Chill for 2 hours or up to overnight.

Place the whisked eggs and panko crumbs in two separate shallow dishes.

Take large tablespoons of the chicken mixture, roll in the crumbs, dip in the egg then roll in crumbs again. I do the first crumb of all the curry balls in one go, then finish them, so that they rest in between.

Chill for an hour. Heat the rice bran oil in a large deep saucepan until it has a sheen on the surface and a bread cube dropped in will pop up to the surface and fry to golden in about 20 seconds. Fry the curry balls in batches of 4 at a time for 5 minutes until golden and heated through.

To serve: If making the sesame mayonnaise, place 1 cup of mayonnaise in a small bowl, drizzle with toasted sesame oil and sprinkle with sesame seeds. Serve this alongside the curry balls.

Serve with drinks, for lunch with an Asian-style coleslaw or as part of a Japanese meal. Makes 16 ice cream scoop-sized balls



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Distinta is DēLonghi's new breakfast collection of appliances, built from lasting metal and with all the Italian flair you'd expect from the celebrated brand. Setting a new standard for the high-end breakfast market, Distinta delivers an evolution of traditional appliance design through new shapes and finishing. All six items – including a digital kettle, toaster and pump coffee machine – are available in four modern colours formulated by the DēLonghi design department: style copper, future bronze, elegance black, and pure white. www.delonghi.co.nz



#### **CELEBRATE SAUSAGES**

National Sausage Day, happening for the first time on October 22, is a celebration of a Kiwi icon. With the announcement of the nation's best sausages the day prior, National Sausage Day is the time for New Zealanders to welcome the summer with the country's best bangers. To find out more visit www.rmnz.co.nz



#### TIME TO BUST THE DUST

With warmer days approaching, spring cleaning is top of the to-do list in many households. And what better way to take care of dust than with the Miele Scout RX1 Robotic Vacuum Cleaner? It won a Best in Category Award for Domestic Appliances at the recent 2015 Good Design Awards, and means spring cleaning of carpets and floors can be achieved without lifting a finger. Nothing escapes Miele's Scout RX1 due to its Smart Navigation System. In fact, this high performance unit can operate even when no one is at home! Visit www.miele.co.nz



#### Mix It Up

With a quieter motor and a sleek, modern design, the Vitamix Professional Series 750 is the ultimate sous chef for any home kitchen featuring five pre-programmed settings, variable speed control and pulse feature. RRP\$1585, visit www.vitamix.co.nz for more information



#### **Just Add Gold**

Made from a white balsamic vinegar sourced from the South Island, Telegraph Hill's Golden Balsamic Drizzle has been reduced, caramelised and infused with sage and oregano. Golden Balsamic Drizzle can enhance and lift a dish without the dark colour of traditional balsamic reductions. Use as a star ingredient on prawns, pork and feta, or as a seasoning agent to finish pasta sauces and duck dishes. As summer approaches, try it on fresh strawberries. Available through specialty food stores, New World supermarkets and www.telegraphhill.co.nz



#### Lighten Up

Everyone wants a sunny home, but as the days get brighter it's possible to have too much of a good thing. The fine light control of Luxaflex blinds is the ideal solution for moderating spring and summer sunshine, and luckily, from October 1 to December 31, Luxaflex Venetian blinds are 15% off (offer excludes automation). Choose Woodmates® polyresin venetians for bathrooms and kitchens, because they're impervious to moisture; choose Countrywoods® timber venetians for living areas and bedrooms; or enjoy the cool retro styling of the original Luxaflex venetian aluminium blind. Visit www.luxaflex.co.nz for stockists.



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#### **Summer In A Glass**

Just in time for warmer weather, Marisco Vineyards is releasing The Ned Pinot Rosé 2015. A delicious blend of Pinot Noir and Pinot Gris, this delectable rosé is the perfect drink for those long summer evenings we're all hanging out for. Match with a delicious summer salad of mixed greens, pomegranate seeds and feta with a balsamic dressing or simply enjoy on its own. Available from 1 October through leading retail liquor stores and supermarkets. RRP\$18.99

# KITCHEN NOTES

#### NOTES FOR COOKS

To ensure successful results in cooking, we recommend you invest in accurate measuring tools - measuring cups and spoons and a measuring jug are essential and electronic scales are particularly useful as they weigh accurately in both imperial and metric.

Always follow one set of measures in a recipe. Do not mix them up.

#### Dish uses:

A fan forced oven unless otherwise specified Large eggs (No.7)

Level spoons and cup measurements

Liquids are always measured in a jug and dry ingredients in measuring cups.

NB: One tablespoon is 15ml (the Australian tablespoon is 20ml)

#### **USEFUL INGREDIENT EQUIVALENTS Breadcrumbs**

1 cup fresh = 50 grams 1 cup dried = 115 grams

#### Butter

1 (American) stick = 100 grams 1 cup = 225 grams 2 tablespoons = 30 grams

1 cup grated tasty = 115 grams 1 cup Parmesan = 150 grams

#### Egg Whites

Large (No. 7) egg white = 30 grams

1 level measuring cup = 150 grams

3 teaspoons granulated/3 leaves (gold grade) will set 500mls/2 cups liquid to a light jelly.

1 rounded tablespoon granulated/4-5 leaves (gold grade) will set 500mls/2 cups liquid to a firm jelly.

Leaf gelatine comes in varying grades. It is wise to check the setting properties of the leaf gelatine you buy before use.

#### Honey, Golden Syrup

1 cup = 350 grams

1 × 115 gram onion = 1 cup chopped

1 cup uncooked rice = 200 grams 1 cup cooked = 165 grams

1 cup caster and granulated = 225 grams 1 cup brown sugar = 200 grams

1 cup icing sugar = 125 grams

#### Spinach

650 grams spinach leaves = 3/4 cup purée

2 tablespoons fresh (compressed) = 1 tablespoon dried (granulated)

#### **OVEN TEMPERATURES**

225° Fahrenheit = 110° Celsius = cool oven 300° Fahrenheit = 150° Celsius = very low oven 350° Fahrenheit = 180° Celsius = moderate oven 400° Fahrenheit = 200° Celsius = hot oven 450° Fahrenheit = 230° Celsius = very hot oven

#### VOLUME

1 level teaspoon = 5mls 1 level tablespoon = 15mls 1 oz/fl oz = 28.35 grams/mls

1 pound = 450 grams

1 cup liquid = 250mls 1 pint = 600 mls

1 litre = 1000mls

#### WEIGHT

10 grams = 1/40z

15 grams = 1/20z

25 grams = 1oz (actual 28.35 grams)

450 grams = 1 pound

1 kilogram = 21/4 pounds

#### LENGTH

 $1cm = \frac{1}{2}$  inch

2.5cm = 1 inch

 $12cm = 4\frac{1}{2}$  inches

20cm = 8 inches $24cm = 9\frac{1}{2}$  inches

30cm = 12 inches

#### **FOOD NAME EQUIVALENTS**

We all use cookbooks and magazines from around the world. These are some of the more common ingredients which have differing names.

silicone paper

parchment paper/ baking paper

beetroot beets

cannellini beans white kidney bean capsicum

bell pepper/ sweet pepper

celeriac celery root coriander cilantro

cream heavy cream eggplant aubergine

fillet (as in meat) tenderloin golden syrup dark corn syrup

spring onions

zucchini

hapuka groper icing sugar confectioners sugar plain flour standard/pure flour prawn iumbo shrimp rocket rocquette/arugula pattypan squash scallopini

> green onions courgettes

#### **USEFUL TECHNIQUES**

Bake blind: line a prepared pastry case with baking paper and fill with pie weights or dried beans. The beans support the pastry as it cooks. Bake in a preheated 190°C - 200°C over for up to 20 minutes before removing the paper and weights. The shell should now have taken form. Return to the oven for the time specified in the recipe.

Julienne: this term refers to food, often vegetables, that are sliced into thin matchsticks. This is most easily done using a mandolin but can also be done by hand. First cut into 3mm (1/8-inch) thick slices. Stack the slices and cut into 3mm (1/8-inch) thick strips. Cut into desired length.

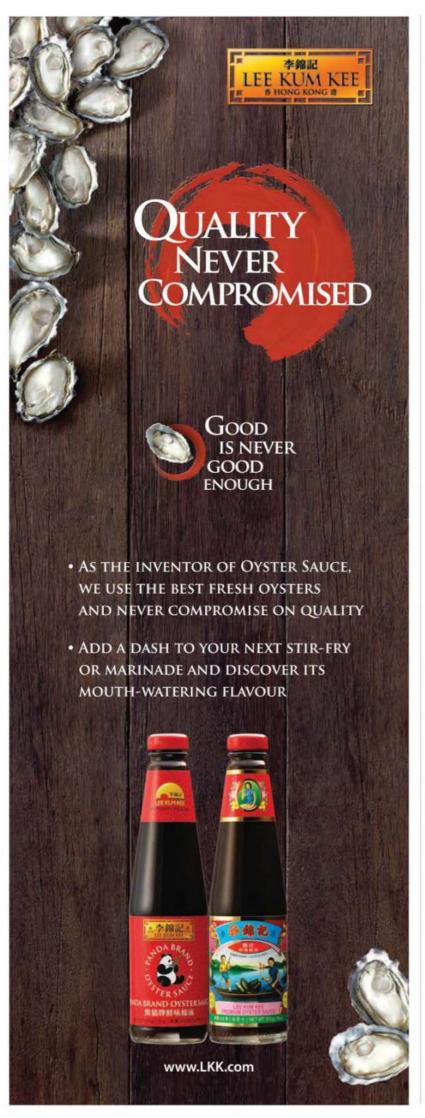
Remove pin bones from salmon: fillets almost always contain small pin bones. To remove them, first run your finger down the centre of the fillet, pushing down gently so the bones pop out slightly as they are located. Using a pair of tweezers or needle-nosed pliers, pull out each bone carefully, with the grain to avoid tearing the flesh.

Roast capsicums: place the capsicum on a tray and roast in a pre-heated 200°C oven until tender but not collapsing. When cool, peel and remove the seeds.

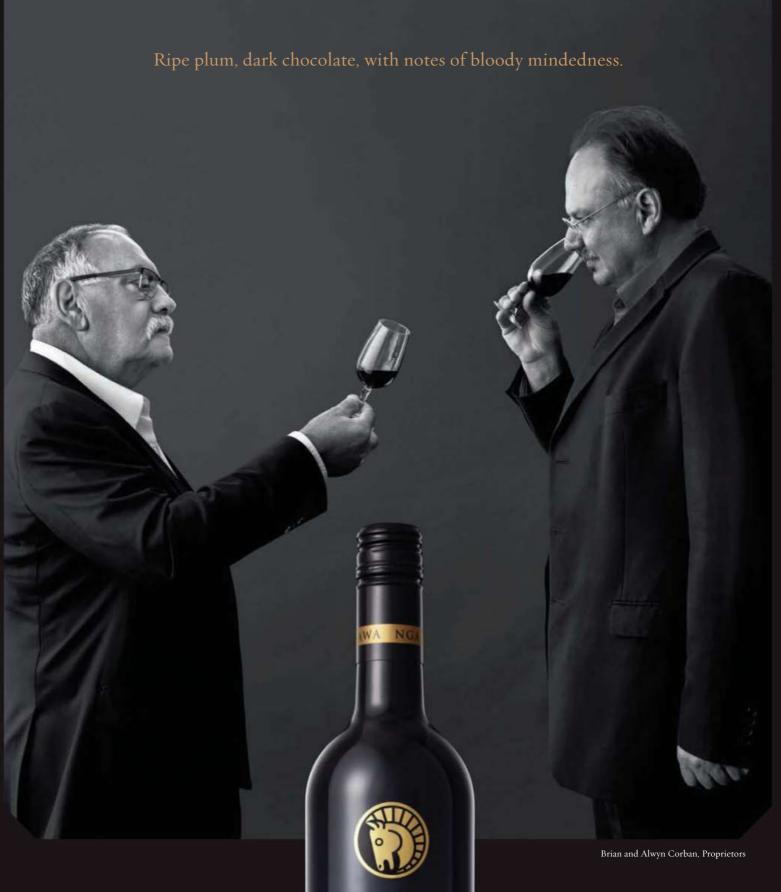
Roast nuts: spread the nuts out in a single layer on a shallow baking pan and place in a preheated 180°C oven. Shake the pan every few minutes until the nuts are golden. Watch carefully as the nuts can become too brown very quickly. Remove and tip into another dish to cool.

Sterilise bottles and jars: put jars or bottles and their lids through a hot cycle of the dishwasher Alternatively, wash in hot soapy water and rinse well. Place them on an oven tray in a cold oven. Turn the heat to 120°C and leave for 30 minutes.

Toast and grind seeds and spices: heat a small dry pan over a medium heat. Add the spice and toss until fragrant and just starting to darken in colour. Be very careful not to burn as this will make them bitter. Toast one spice at a time rather than combining, as each spice will take a different time to toast. Tip out onto a plate and cool. Grind in a mortar and pestle or a small coffee grinder, reserved for the purpose.







NGATARAW

2013 MERLOT CABERNET

#### Ngatarawa Proprietors Reserve Hawkes Bay Merlot Cabernet 2013

\*\*\*\*\*
Michael Cooper

\*\*\*\*\*
Sam Kim Wine Orbit

\*\*\*\* Master Sommelier Cameron Douglas

#### Ngatarawa Proprietors Reserve Hawkes Bay Noble Riesling 2014

GOLD
Easter Show
Wine Awards 2015
95 Points
Bob Campbell

\*\*\*\*\*
Michael Cooper
\*\*\*\*
Sam Kim Wine Orbit
\*\*\*\*\*
Master Sommelier
Cameron Douglas

Cameron Douglas

\*\*\*\*

Raymond Chan

#### Ngatarawa Proprietors Reserve Hawkes Bay Chardonnay 2013

GOLD Hawkes Bay A&P Wine Awards 2014 GOLD

**GOLD** Decanter World Wine Awards 2015

**94 Points** Bob Campbell

\*\*\*\*
Michael Cooper

\*\*\*\*
Sam Kim Wine Orbit

#### Ngatarawa Proprietors Reserve Hawkes Bay Syrah 2013

\*\*\*\*\*
Michael Cooper

\*\*\*\*
Sam Kim Wine Orbit

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# DRIZZLE TO IMPRESS



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## Coffee & Hazelnut Shortbread

Transform humble shortbread by flavouring with the delicious warmth of aniseed, coffee and rich, buttery hazelnuts.

#### Ingredients

125 grams butter at room temperature ½ cup icing sugar 2 teaspoons finely ground espresso coffee 1/2 teaspoon whole aniseed, toasted and ground ½ cup finely ground hazelnuts 3/4 cup plain flour pinch salt

#### **Filling**

100 grams butter at room temperature 1/4 cup Nutella espresso coffee

Preheat the oven to 160°C fan bake.

Beat the butter, icing sugar, coffee and aniseed until pale and creamy.

Add the combined ground hazelnuts, flour and salt and beat to combine.

Spoon the mixture into a piping bag fitted with a large fluted nozzle.

Pipe biscuits about 6cm long onto a lined baking tray, leaving a 2cm space between each one. Chill until firm. Bake for are golden.

Filling: Beat the butter, Nutella, cocoa and coffee until creamy and glossy.

Beat in the icing sugar.

Transfer to a piping bag with a large fluted nozzle. Pipe a line of filling on half the biscuits then sandwich with the remaining biscuits. Dust with icing sugar to serve. Makes about 16 double biscuits

**PANTRY NOTE:** Aniseed is also known as anise, but is not the same as star anise. Aniseed is the spice used to make the French drink Pastis and is used widely in Europe to flavour breads and cakes. Star anise is a small star-shaped spice with 5-6 points each containing a seed. It is used in Chinese 5-spice and many Asian recipes.





Baking perfection is the result of the best ingredients in your kitchen. Start with the Chef Sense from Kenwood, add sugar and egg whites, and let the magic begin...

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